

EFIT

Self-Practice

Contents

1. App purpose
2. My story
4. Visual identity
9. Workflow
10. Wireframe

App purpose

For [alexithymia patients]

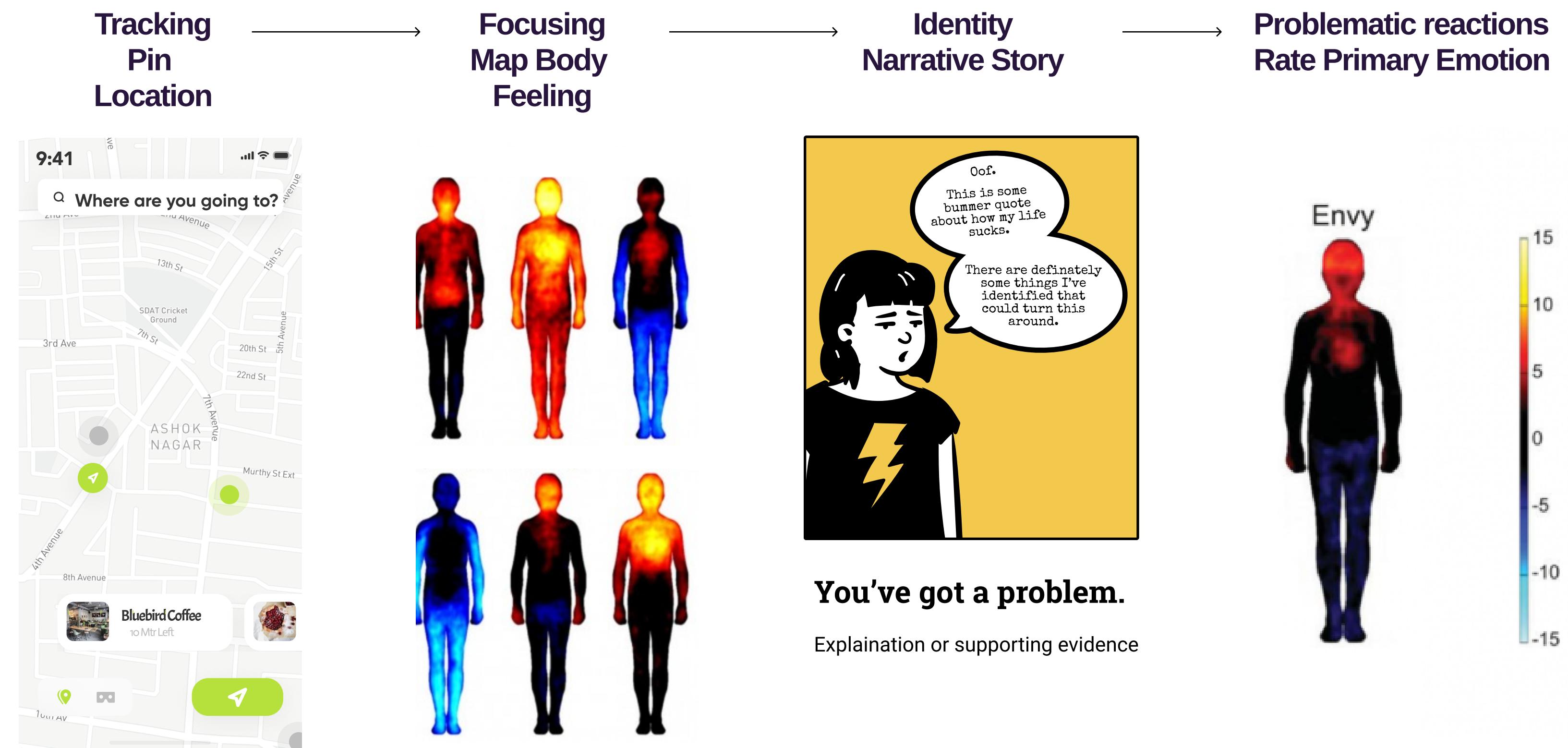
Who needs [improve the ability to recognize emotions]

The [EFIT] is a [practical project]

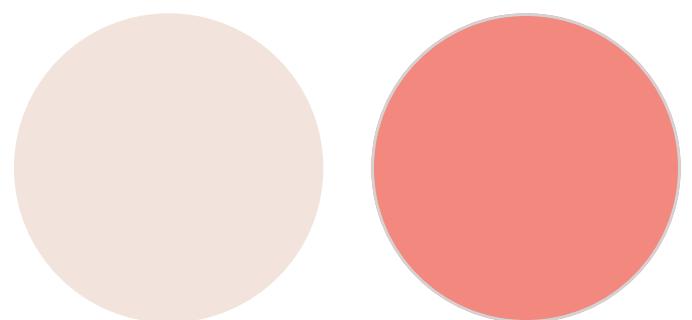
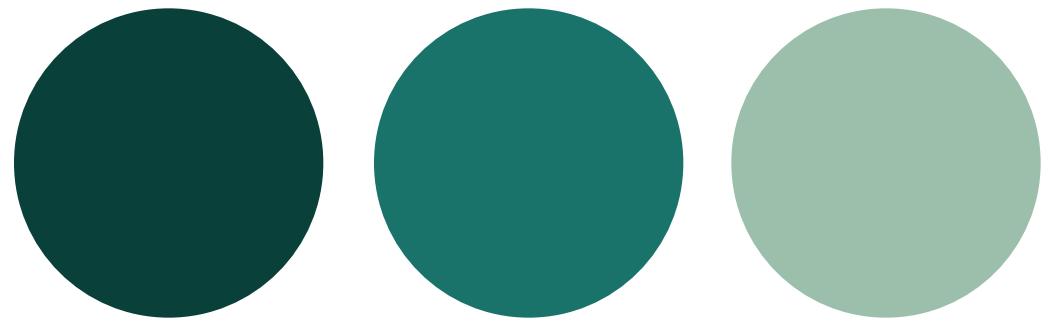
That provides [self-emotional awareness exercises]
based on [“Emotional Focuesd Therapy”
(Greenberg, 2018)]

My story

EFTC App helps people practice recognizing their feelings by recording evoked events and physical feedback in their daily lives. The purpose of the practice is to help the patients can awareness emotional, focusing one their body's feeling, and to conjecture what kind of emotion they have.



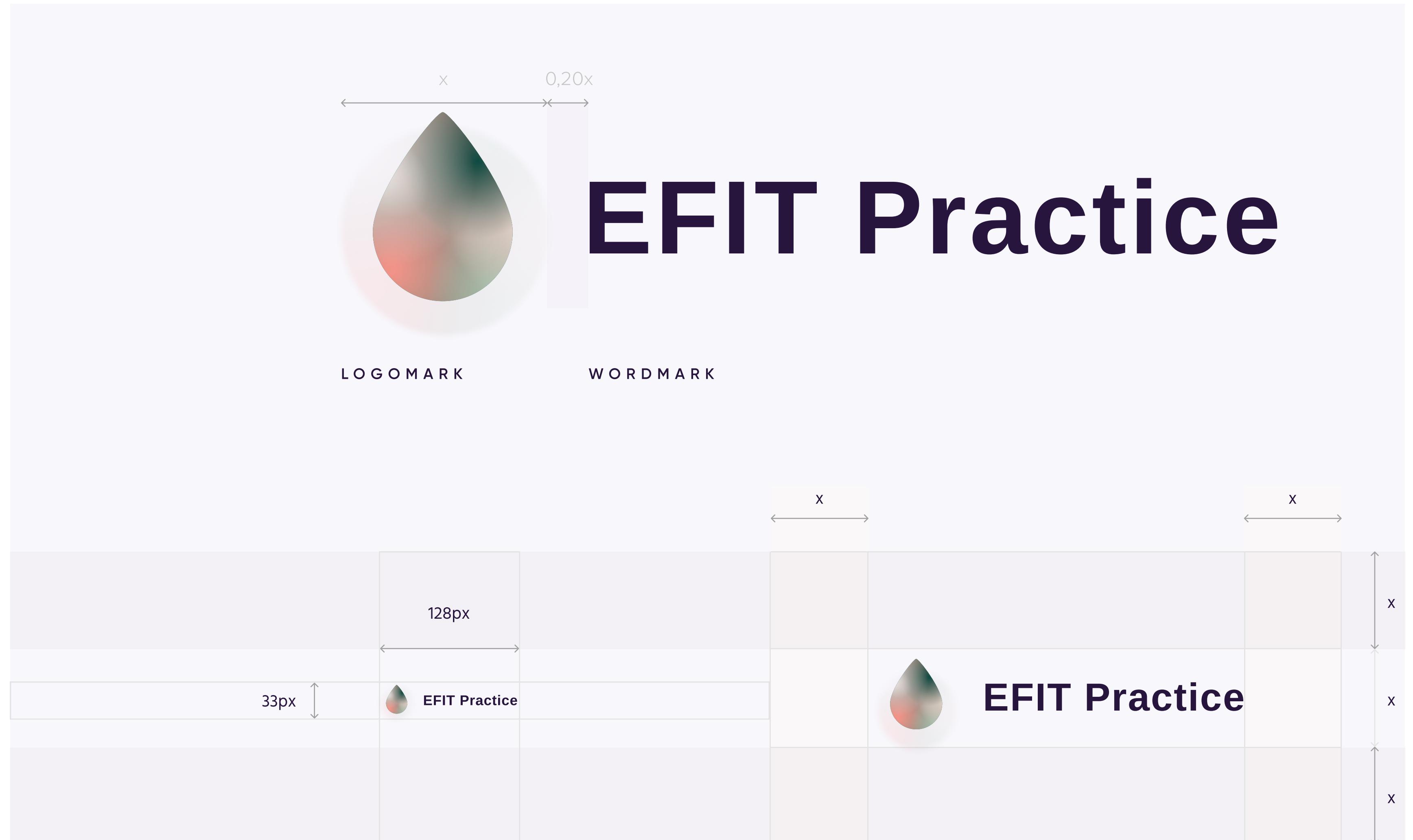
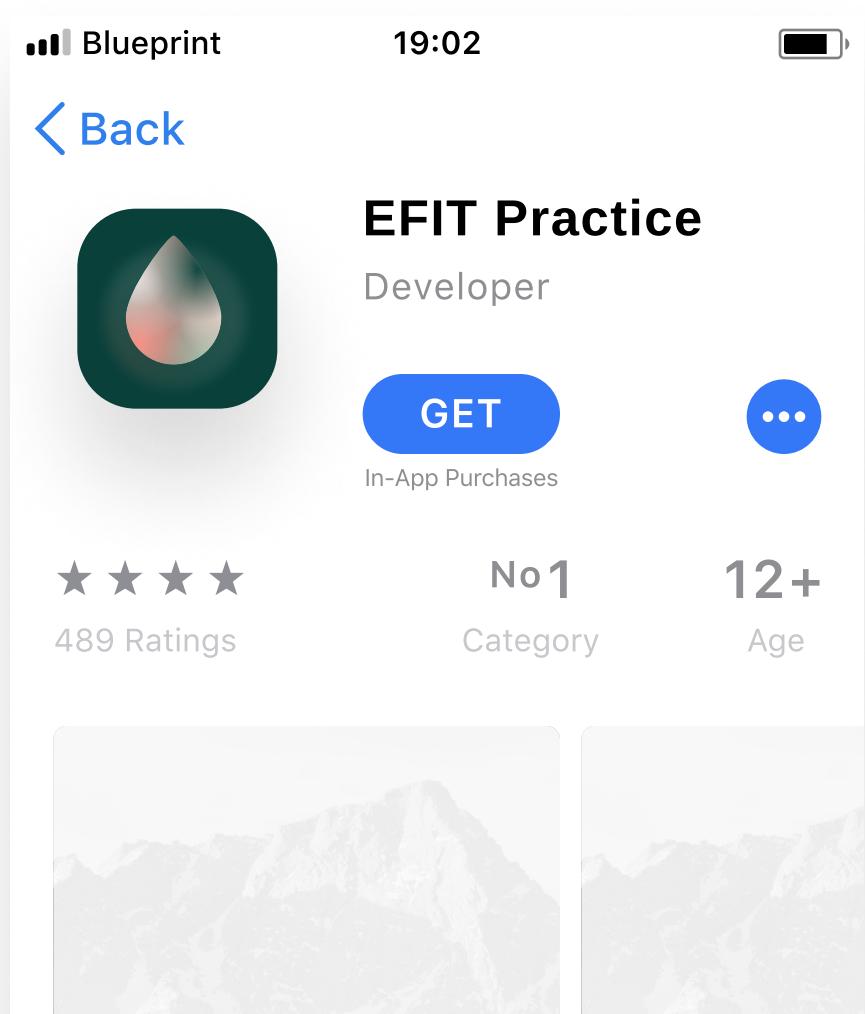
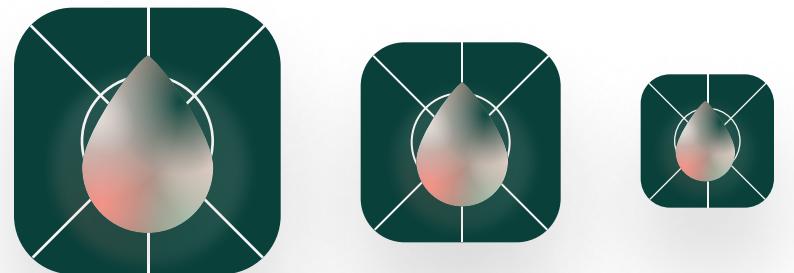
Moodboard



Logo

Thumbnail Mark

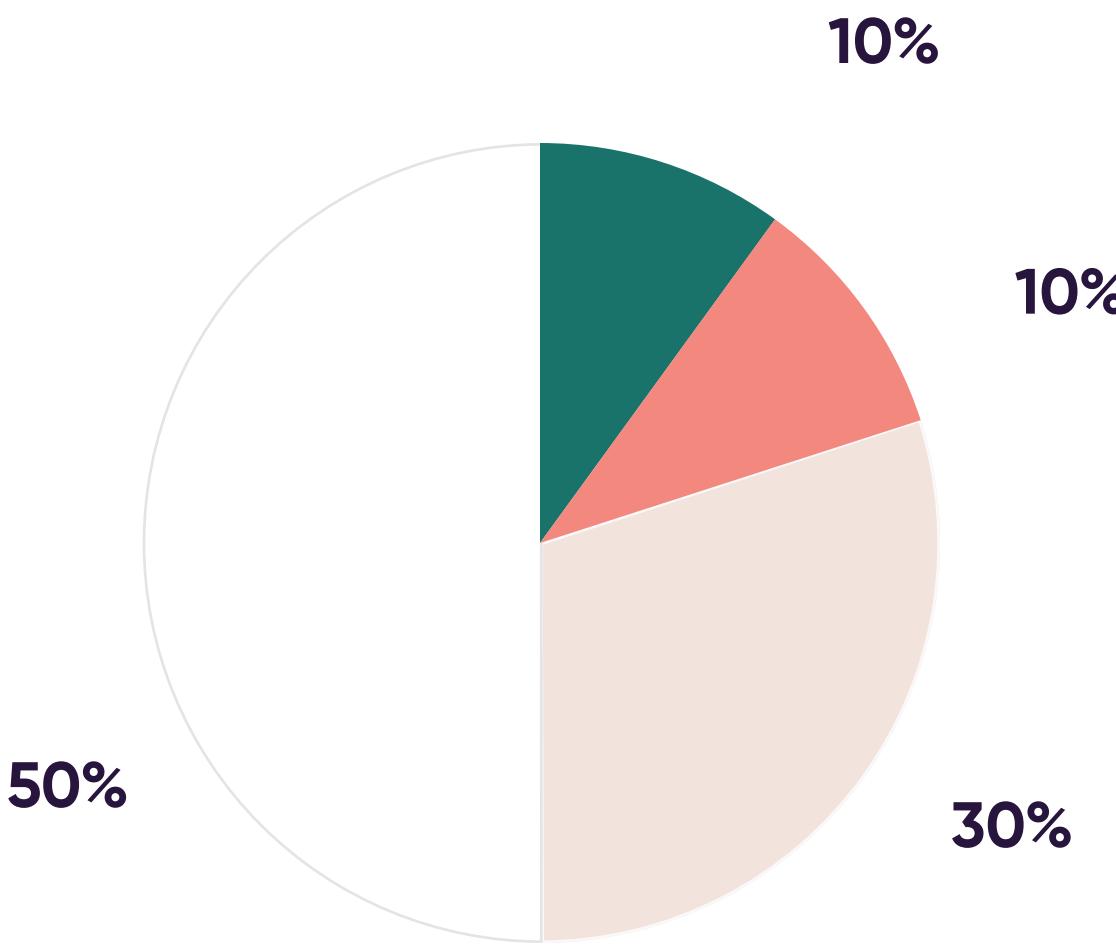
Compressed mark use for small scale
and where applicable



Colour

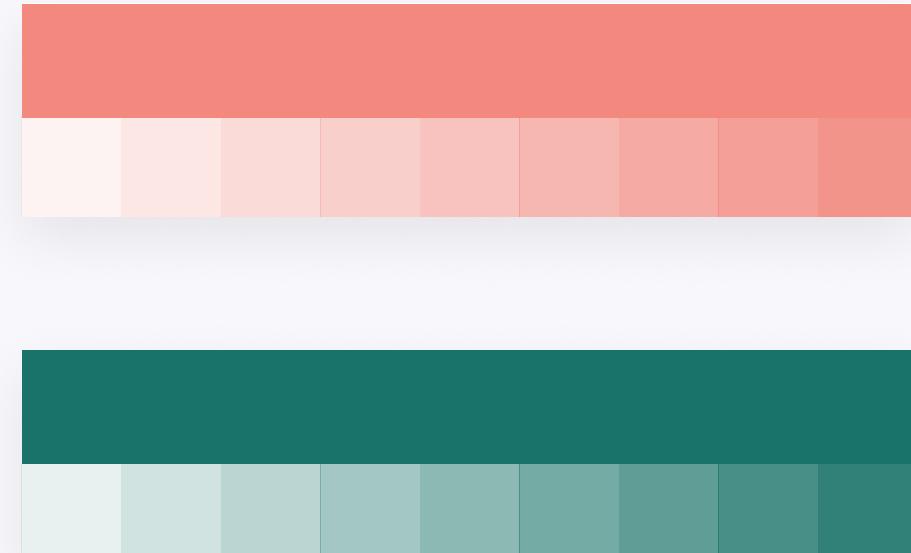
Color Usage

Use navy blue sparingly to highlight things or in call to action buttons. Use pink in illustrations, UI screens, callouts etc.



Primary Colors

Primary Color Shades



Secondary Colors

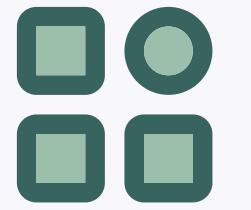
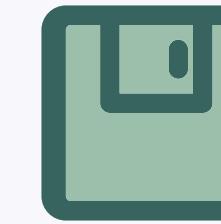
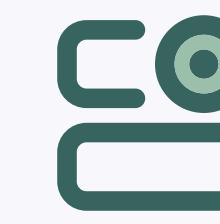
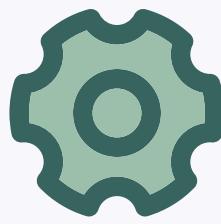
Secondary Color Shades



Typography

Poppins	Aa	This is header H1	Black	54
	ABCDEFGHIJKLMNOPQRSTUVWXYZ abcdefghijklmnopqrstuvwxyz ‘?’ “!” (%) [#]{@}/& \ <-+÷×=› ® © \$ € £ ¥ ¢ : ; , . *	This is header H2	Black	32
Hind	Aa	This is header H3	Bold	24
	ABCDEFGHIJKLMNOPQRSTUVWXYZ abcdefghijklmnopqrstuvwxyz ‘?’ “!” (%) [#]{@}/& \ <-+÷×=› ® © \$ € £ ¥ ¢ : ; , . *	This is header H4	Medium	21
		This is big subtitle	Regular	24
		BUTTON TEXT	BOLD	16
		OVERLINE	SEMI - BOLD	14
		Body Big	Regular	150%
		Body	Regular	150%
		Body Bold	Bold	150%
		Body Small	Regular	150%
		Body Small Bold	Bold	150%
		Body	Regular	18
		Body	Regular	16
		Body Bold	Bold	16
		Body Small	Regular	14
		Body Small Bold	Bold	14
		Body	Regular	14

Iconography



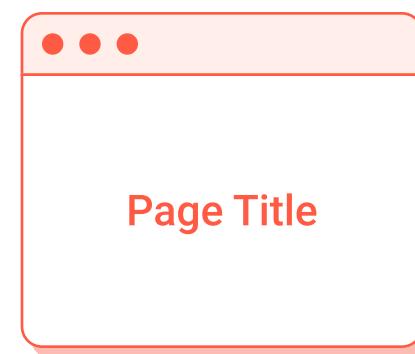
Workflow

Components

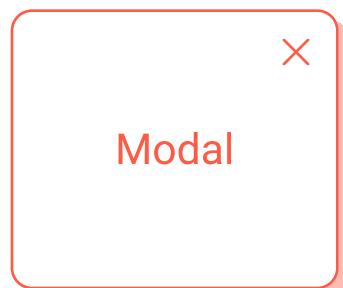
Blocks



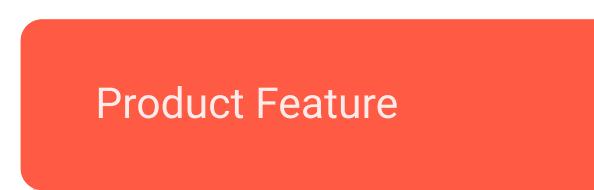
Windows



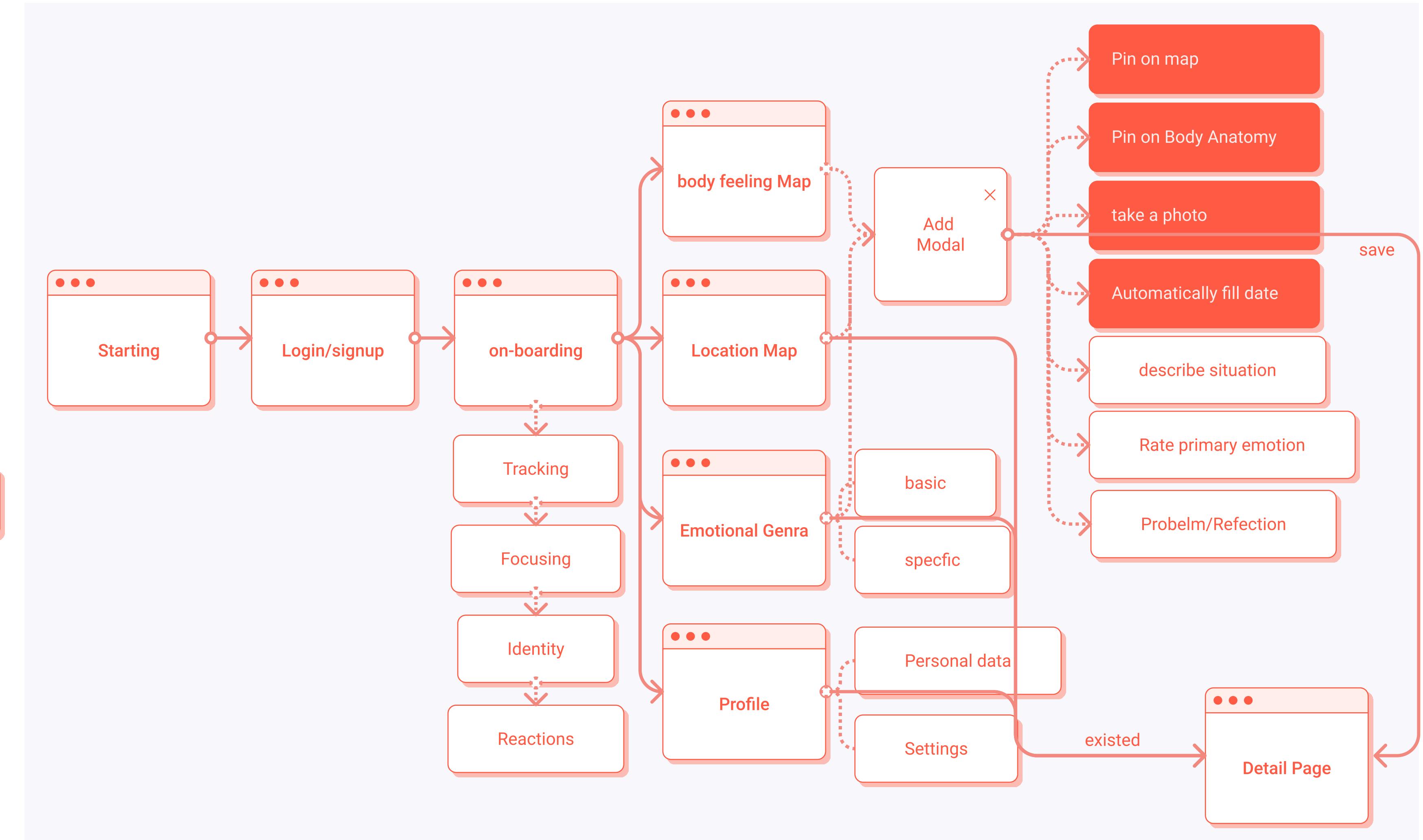
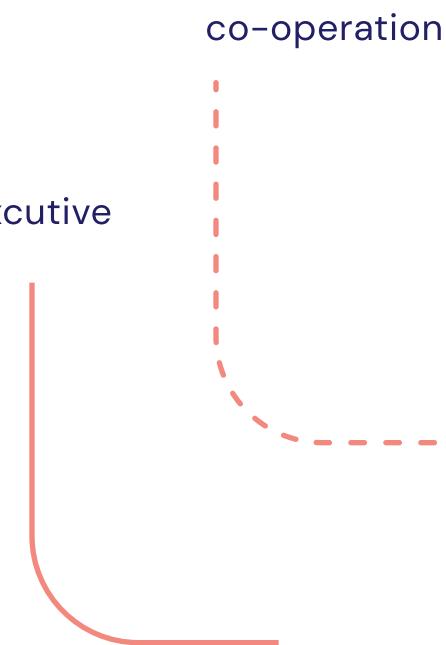
Modals



Product Feature



Line



Wireframe

