

# **EFIT**

## **Self-Practice**

# Contents

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

## App purpose

For [alexithymia patients]

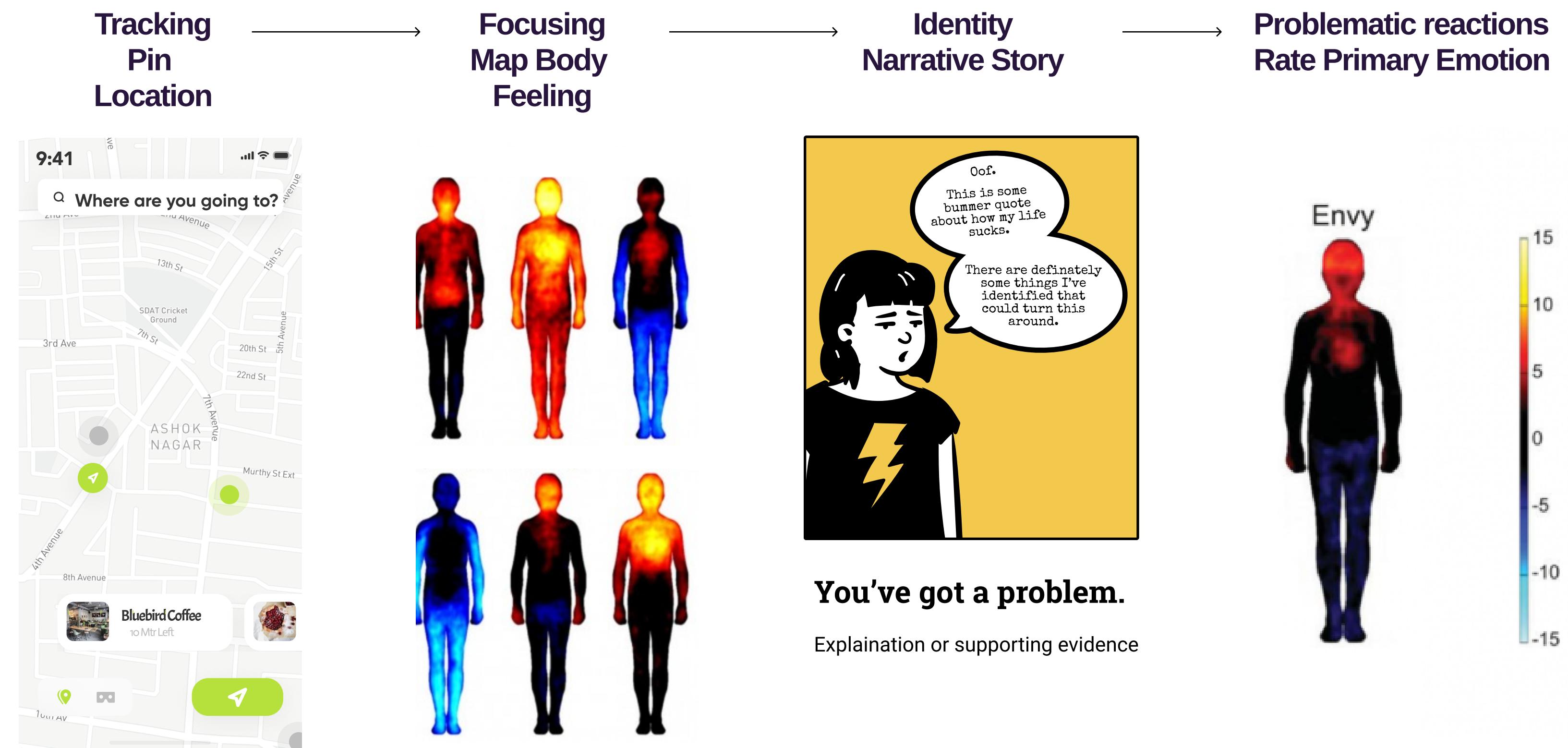
Who needs [improve the ability to recognize emotions]

The [EFIT] is a [practical project]

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

# My story

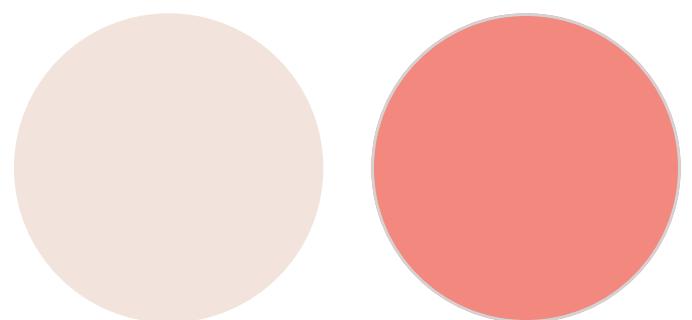
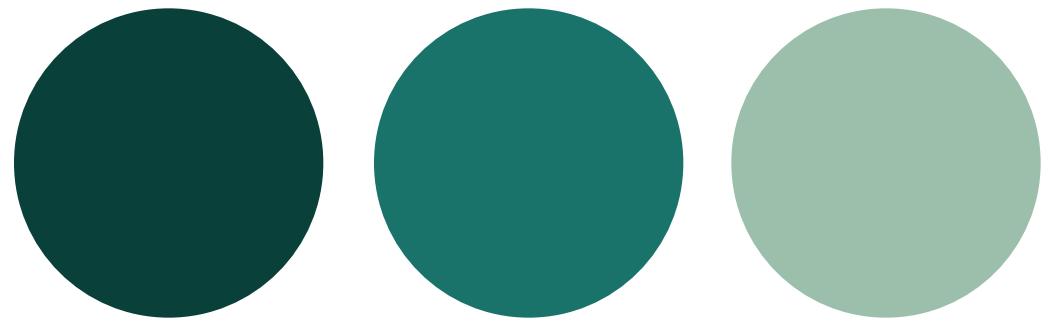
EFTC App helps people practice recognizing their feelings by recording evoked events and physical feedback in their daily lives. The purpose of the practice is to help the patients can awareness emotional, focusing one their body's feeling, and to conjecture what kind of emotion they have.



## Visual identity

**Lorem ipsum dolor sit amet,  
consectetur adipiscing elit. Donec  
fringilla in ex varius.**

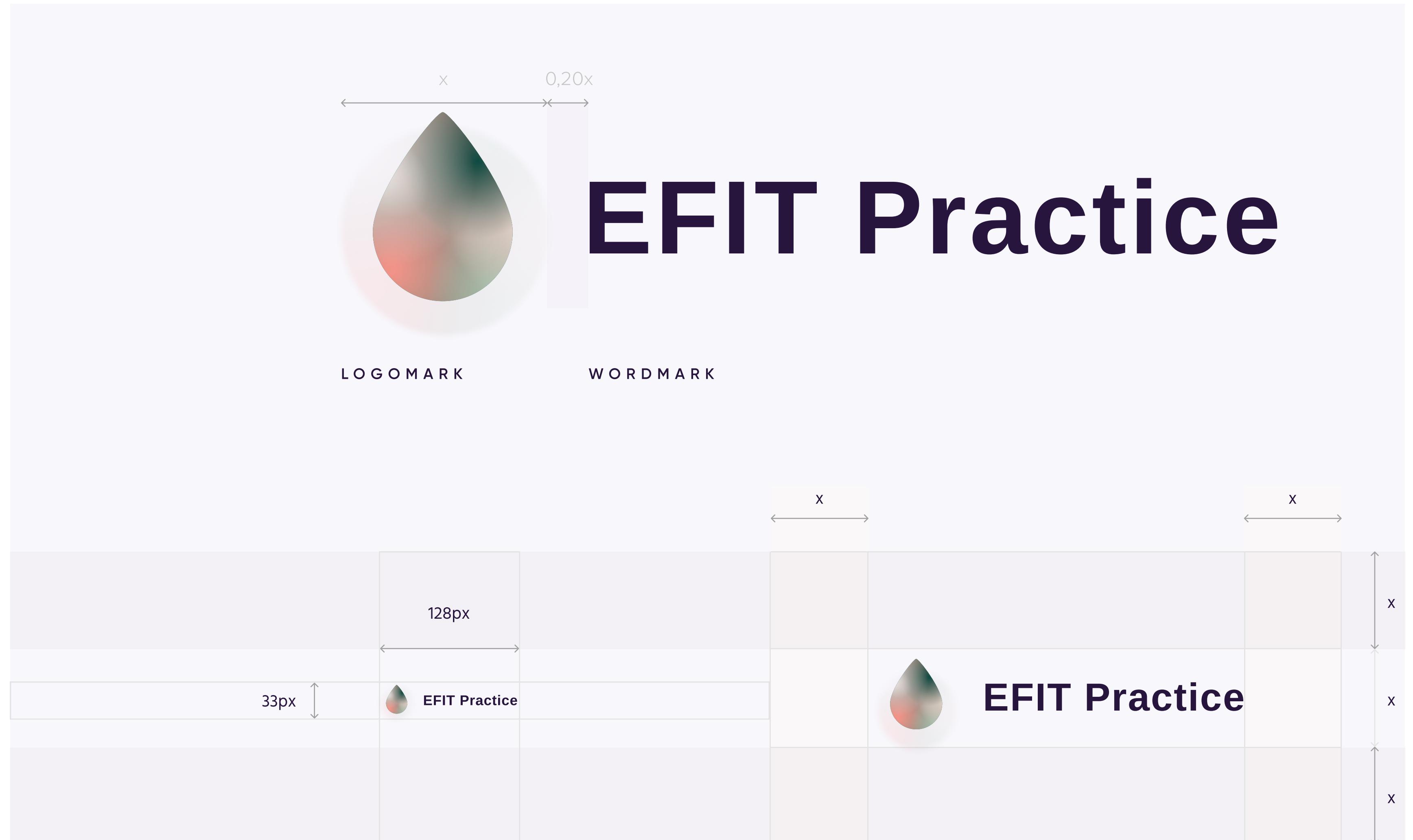
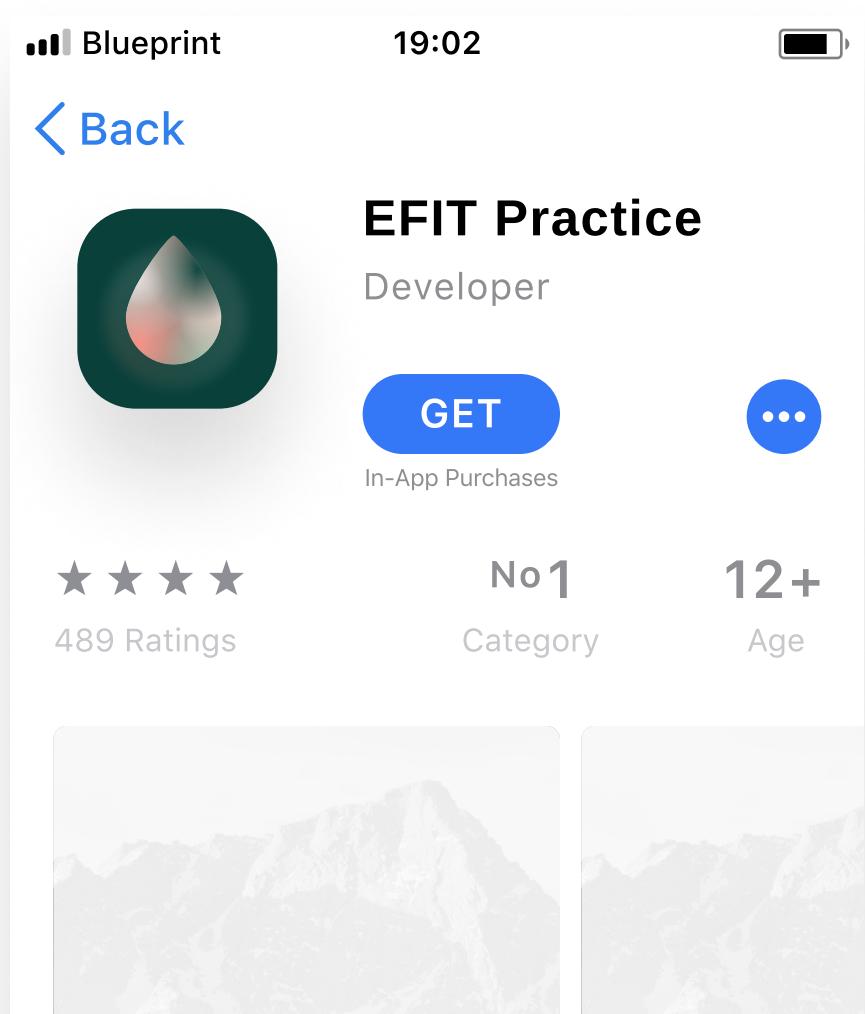
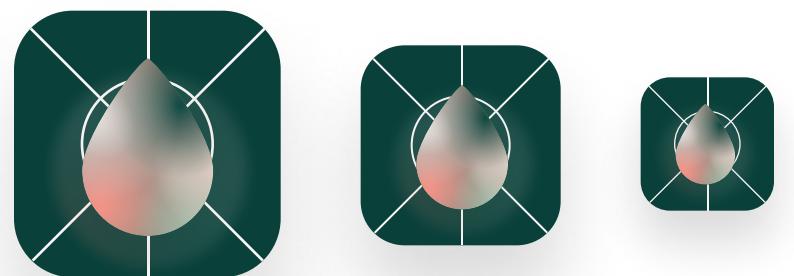
# Moodboard



# Logo

## Thumbnail Mark

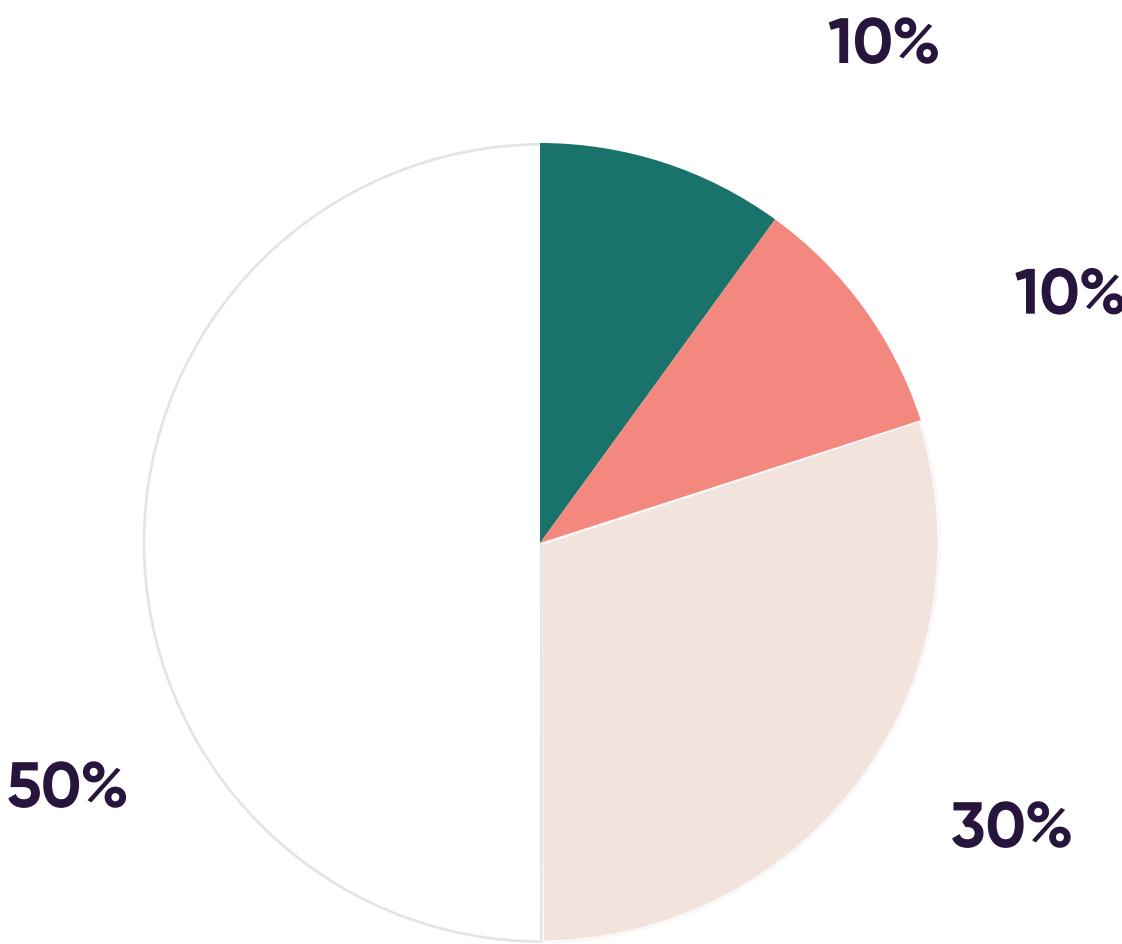
Compressed mark use for small scale  
and where applicable



# Colour

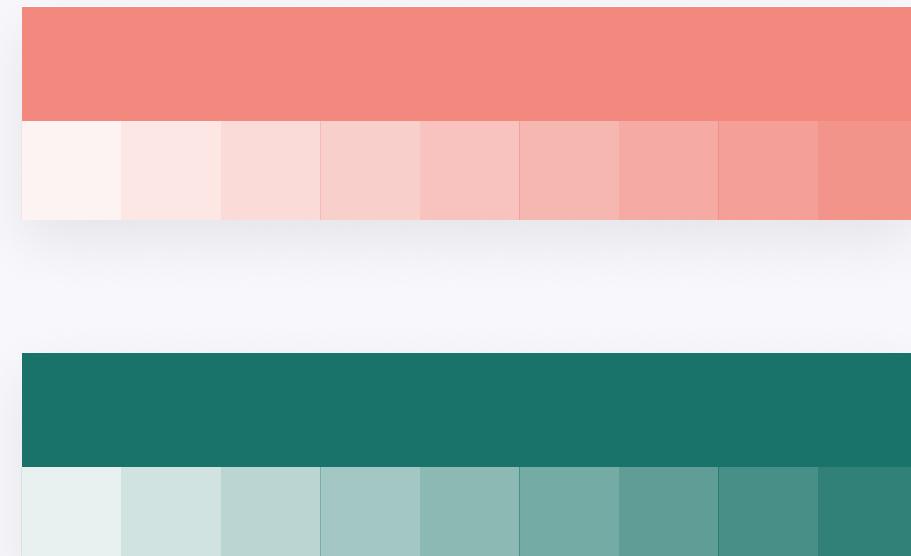
## Color Usage

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

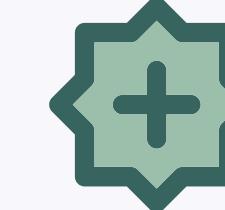
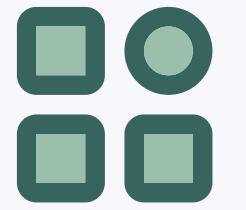
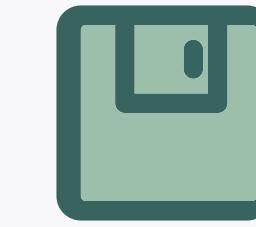
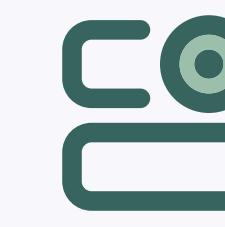
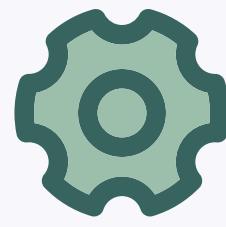
### Secondary Color Shades



# Typography

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

## Iconography



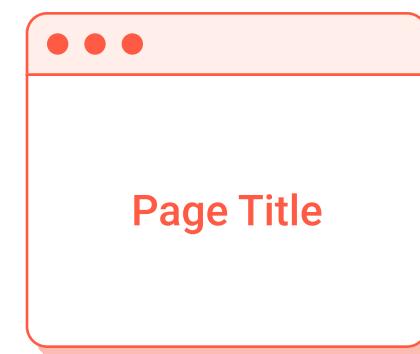
# Workflow

## Components

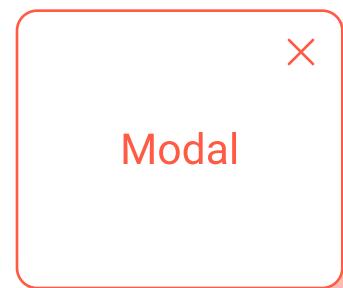
### Blocks



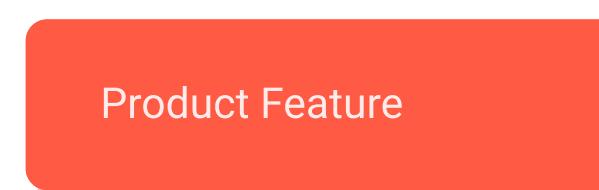
### Windows



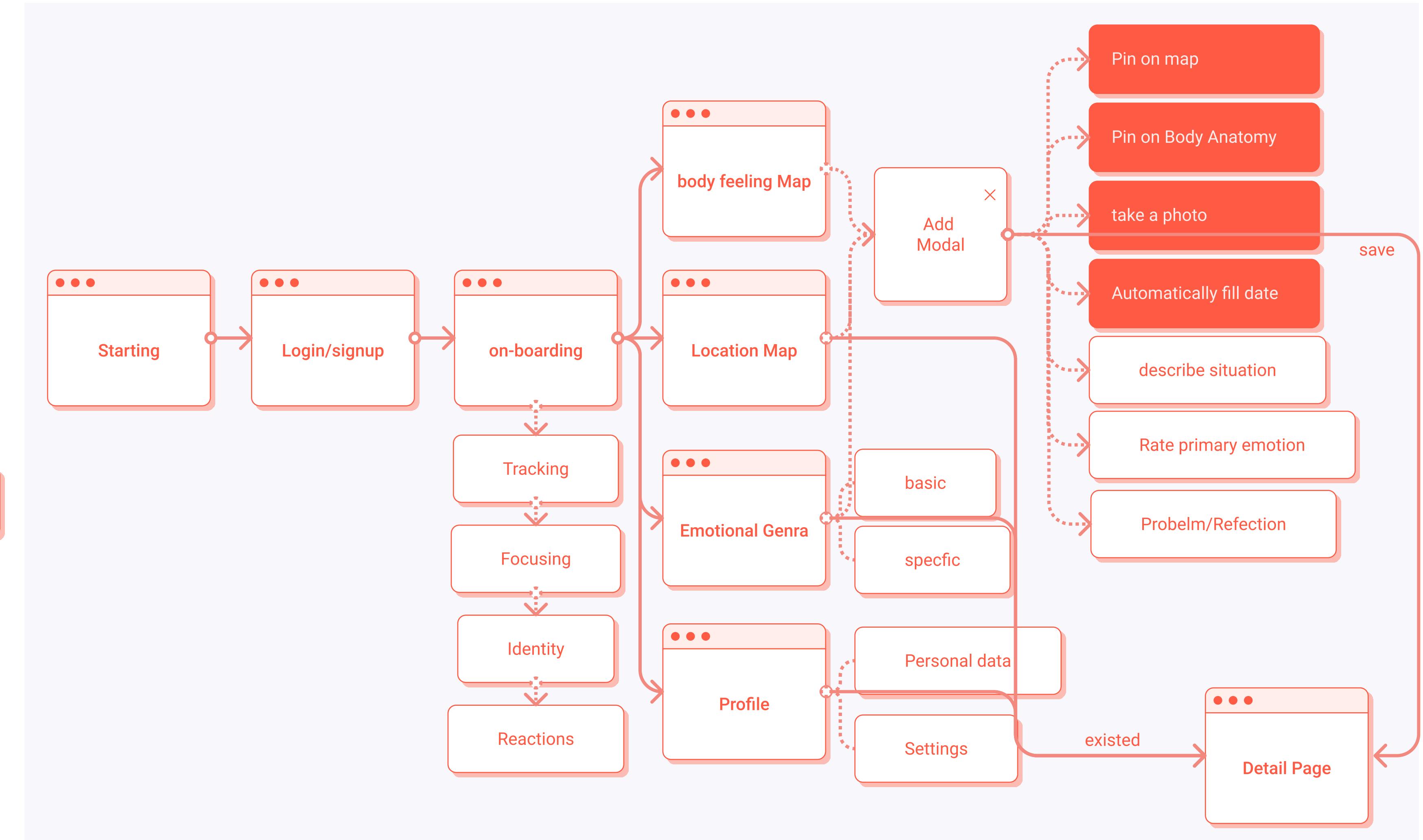
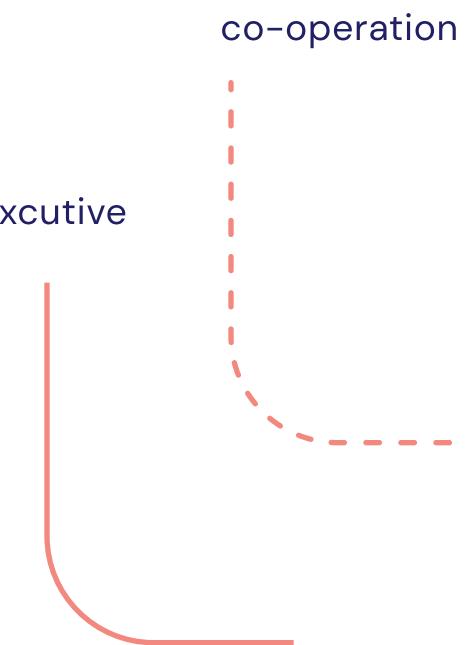
### Modals



### Product Feature



### Line



## Wireframe

