

# Wireframes

## Wireframe 1: Home Screen

- Displays timer/countdown until next break
- Start / Pause button for reminder timer
- Shows upcoming break activity suggestion (e.g., “Next break: 5-min stretch”)

## Wireframe 2: Break Reminder Popup

- Gentle notification popup on screen
- Message like: “Time for a quick break! Try a 1-minute breathing exercise.”
- Buttons:
  - **Take Break** (acknowledge and pause work)
  - **Snooze** (delay reminder by 5 or 10 minutes)
  - **Dismiss** (ignore for now)

## Wireframe 3: Settings Screen

- Options to:
  - Set reminder intervals (e.g., every 30, 45, 60 minutes)
  - Choose reminder types (soft popup, sound, vibration)
  - Select preferred break activities (stretch, walk, breathing)
  - Toggle dark mode
  - Profile info (optional)

Image I created for this Wireframe:

