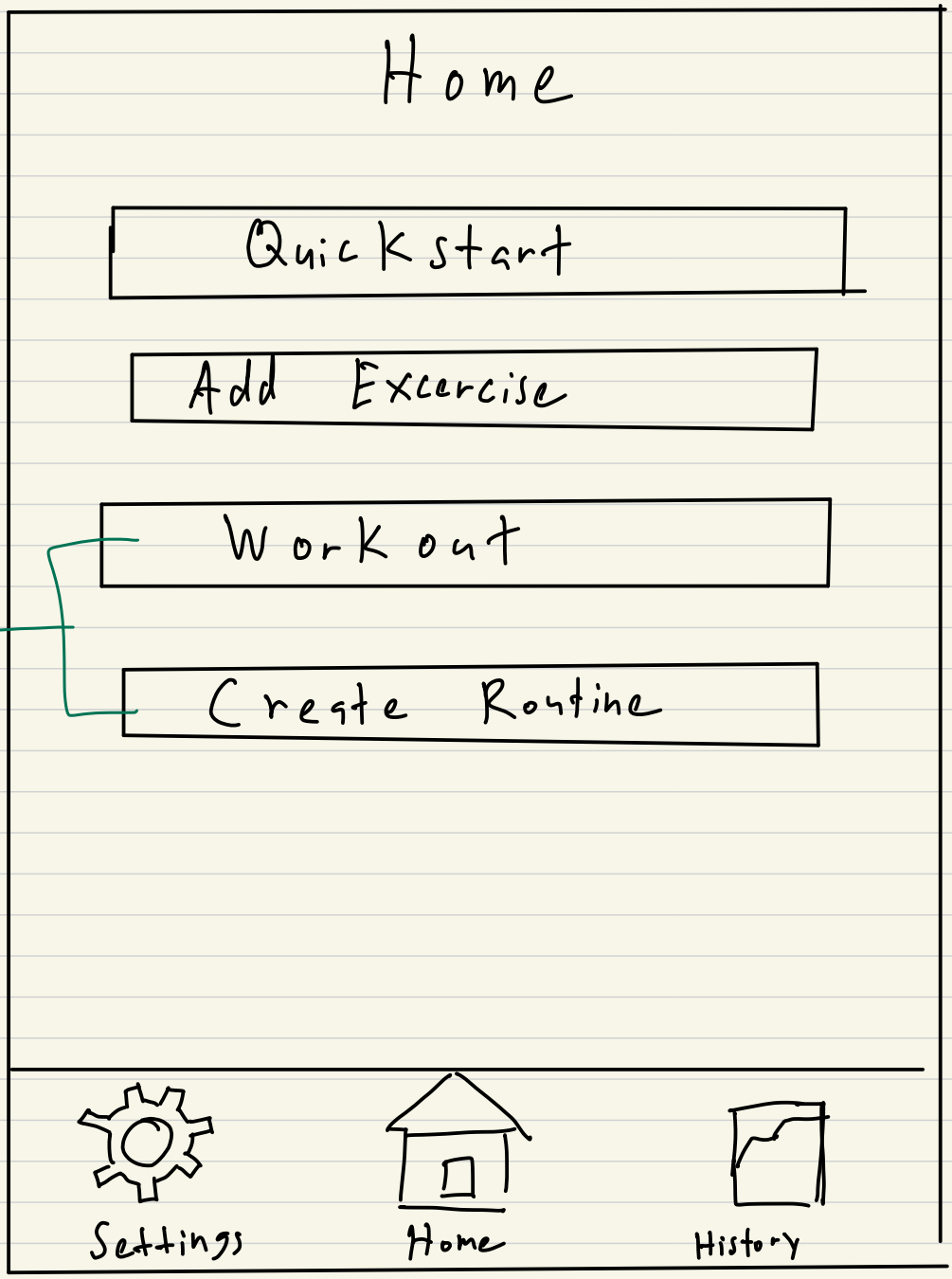
Home Activity

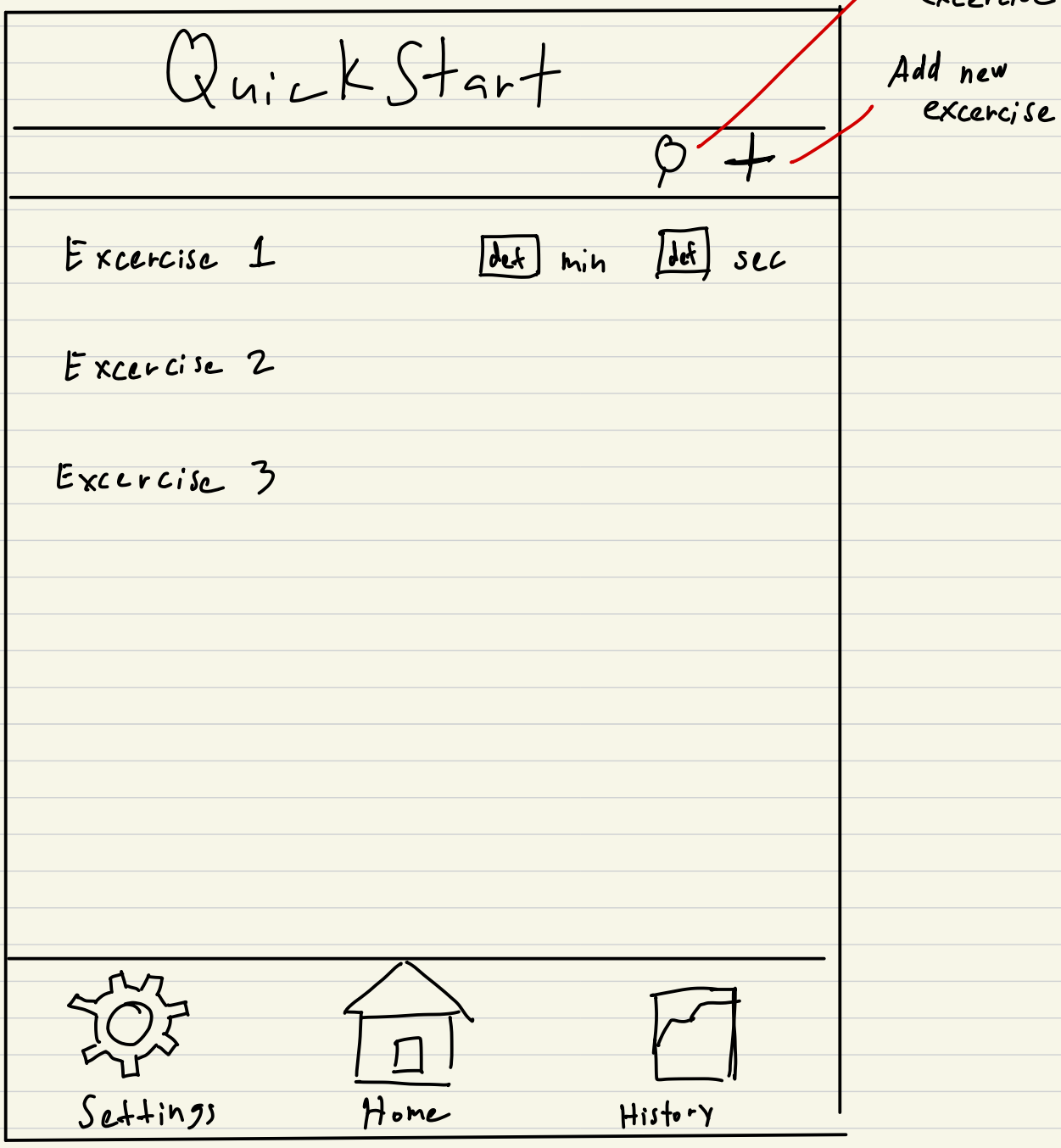
- The home screen
  - > includes button to create new excercises
  - > includes button to start an excercise
- Stretch Goals:
  - Include a routine implementation
    - > One where you select saved routines
    - > One where you create new routines



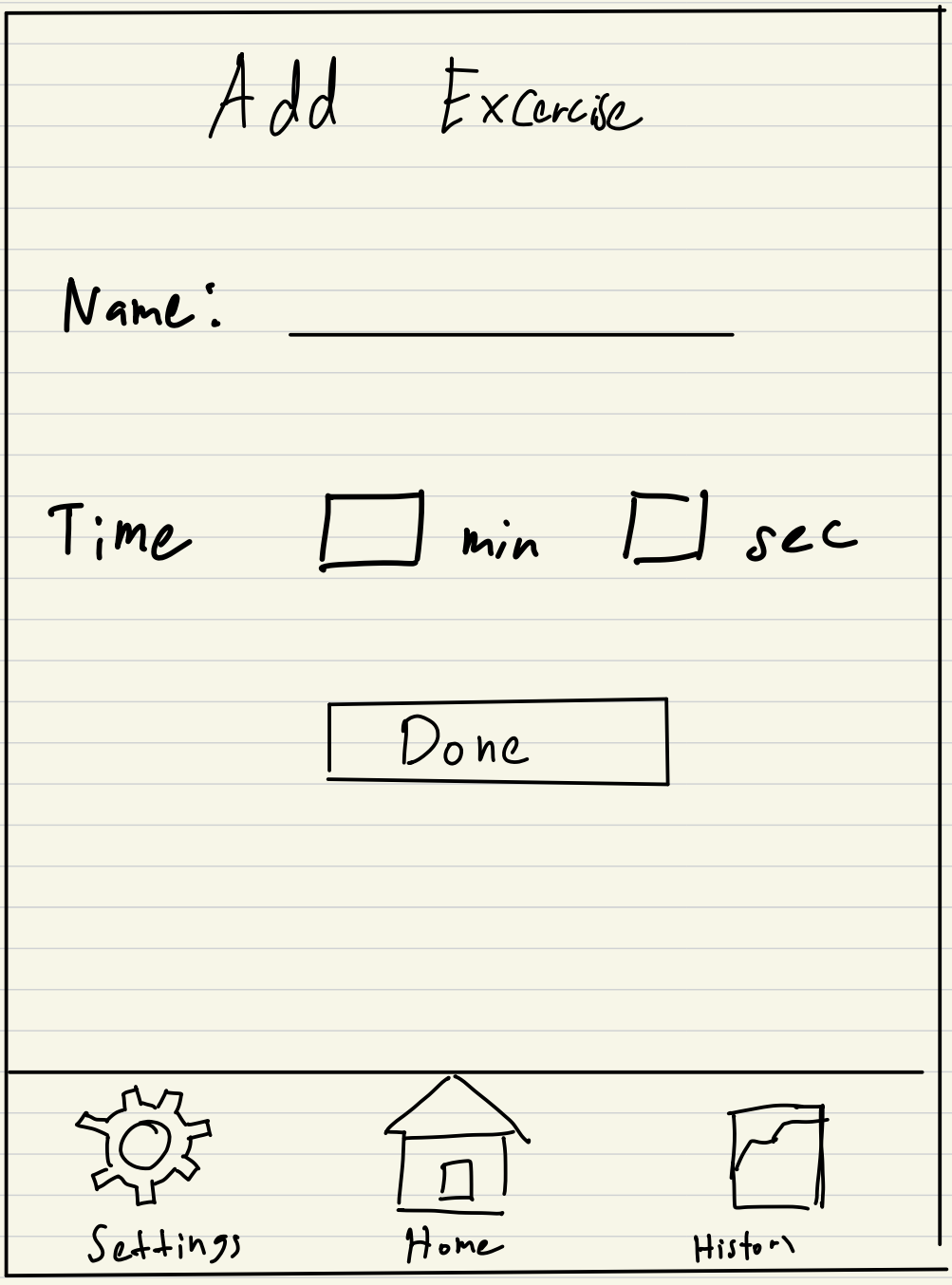
stretch goal options

Quick Start Activity

- The Quick Start Activity will have a list of excercises that are prebuilt or saved
- You select one to start the excercise or add info

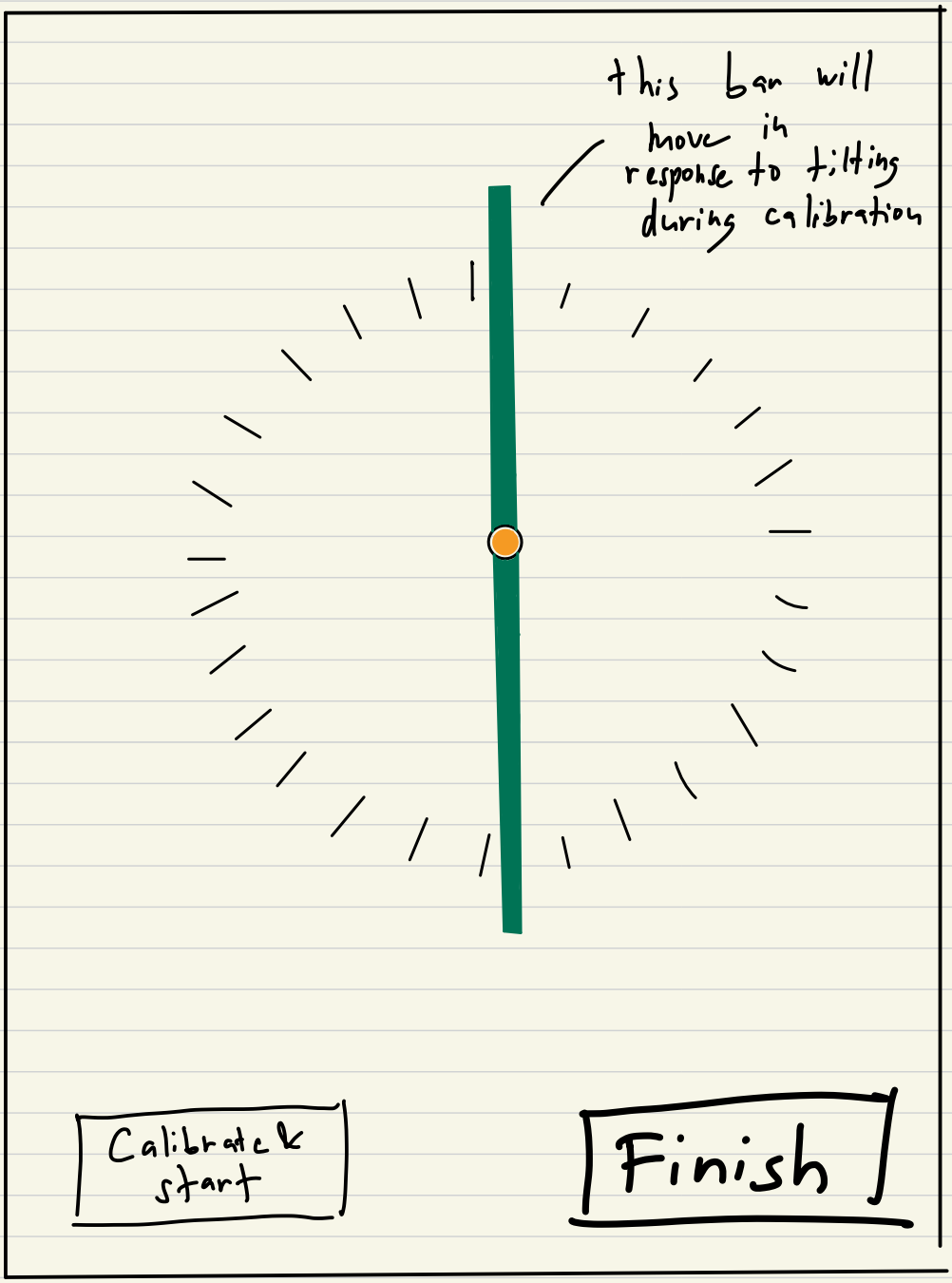


- To add a new excercise
  > add name
  > add default time

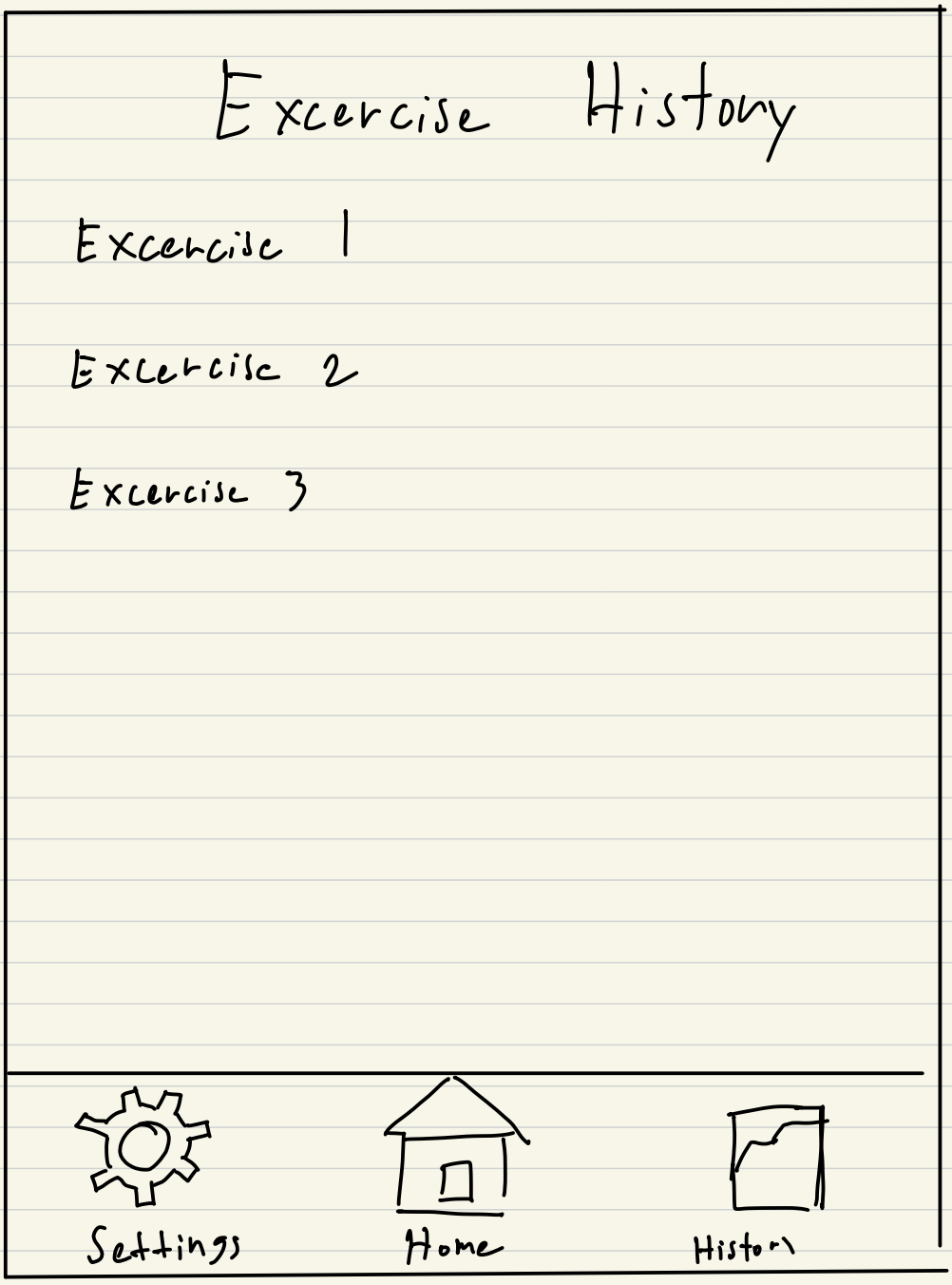


Calibration Screen

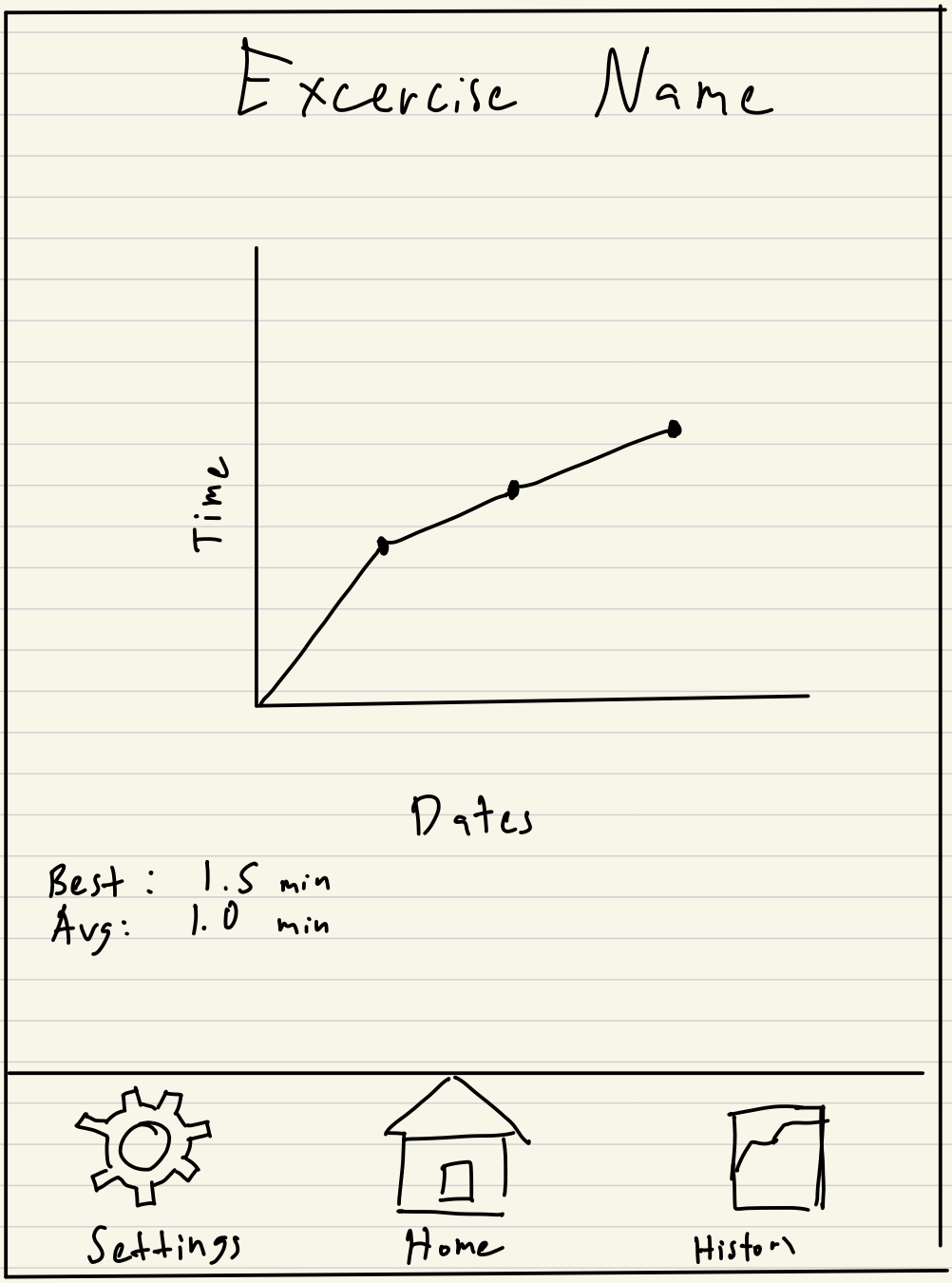
- This screen starts when you pick an excercise from the quickstart menu
  - Calibration screen
  - Double tap to start Calibration & stop
  - Single tap to start after calibration
  - Audio cues provide info on time & excercise performance & setting calibration



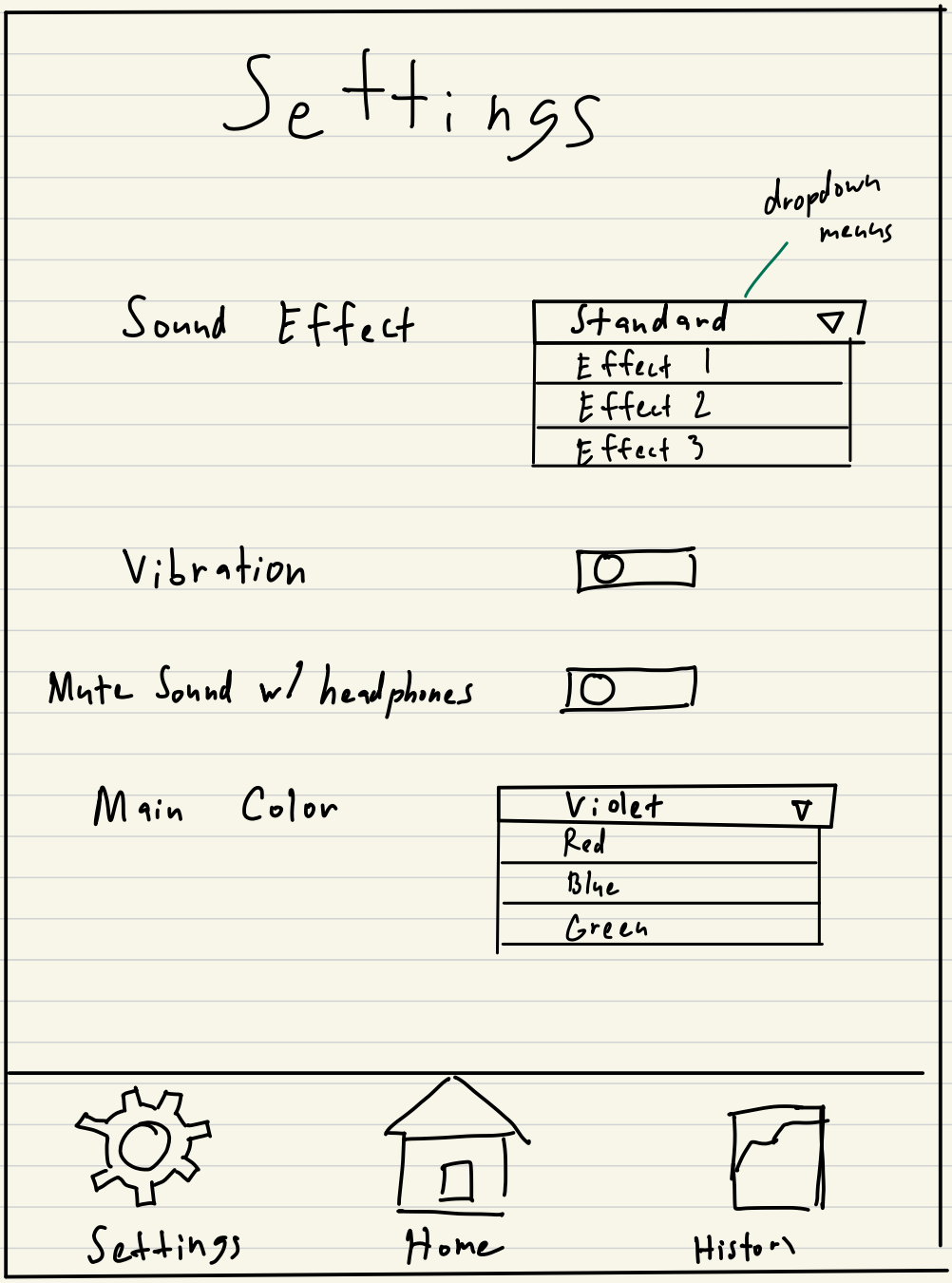
- Excercise history menu
- Choose an excercise to see data



- Exercise history provides chart of time over dates
- Also provides best & average times

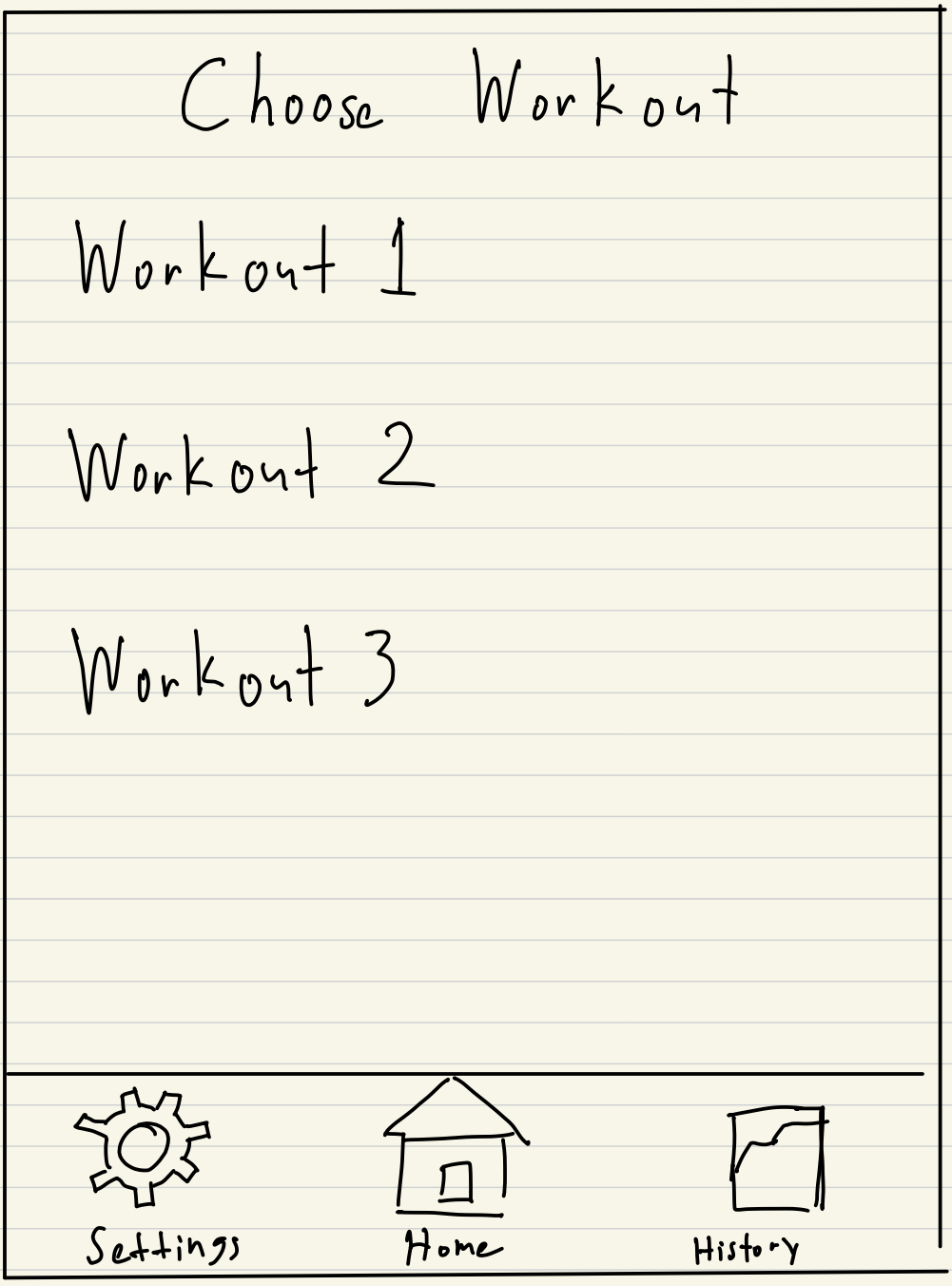


- Settings menu allows you to choose main color & notification sound effect



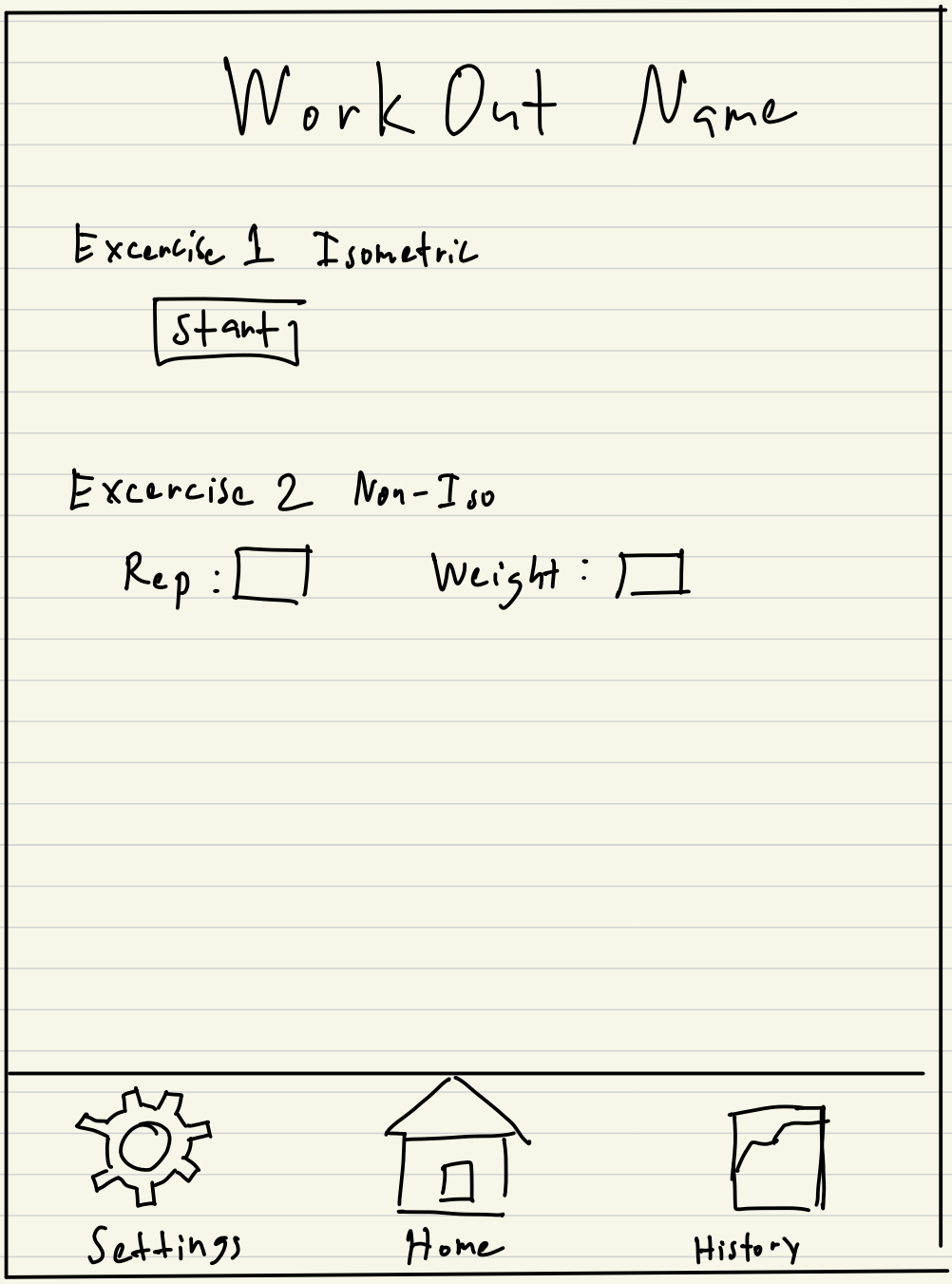
Stretch Goals

- Select Routine menu
- Has a list of created routines



Stretch Goals

- Routine includes list of excercises to do
- Stretch goal would also allow for non-isometric excercises

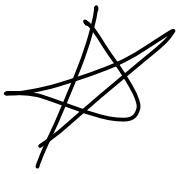


Home

Quick start

Add Exercise

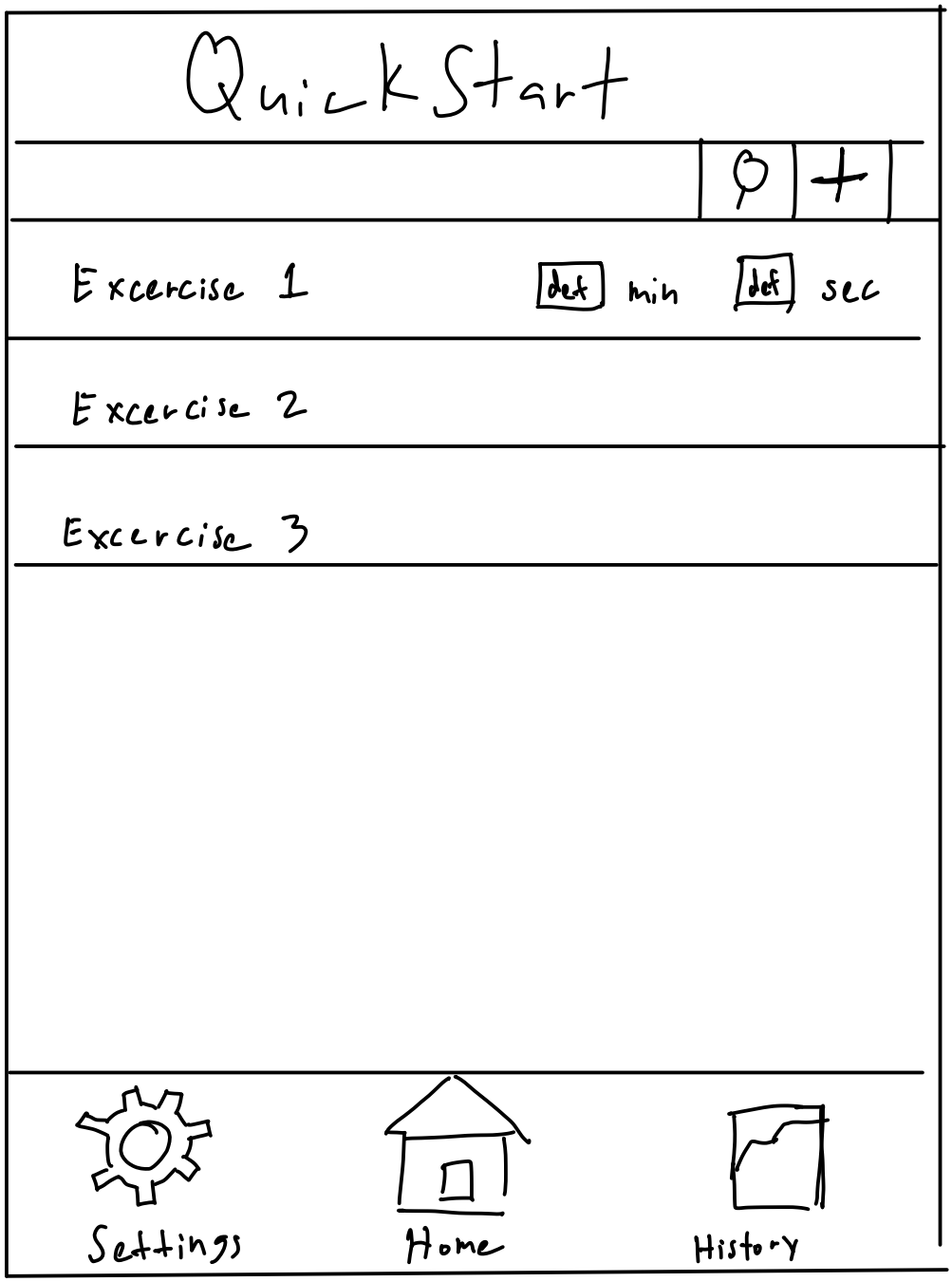
Awards

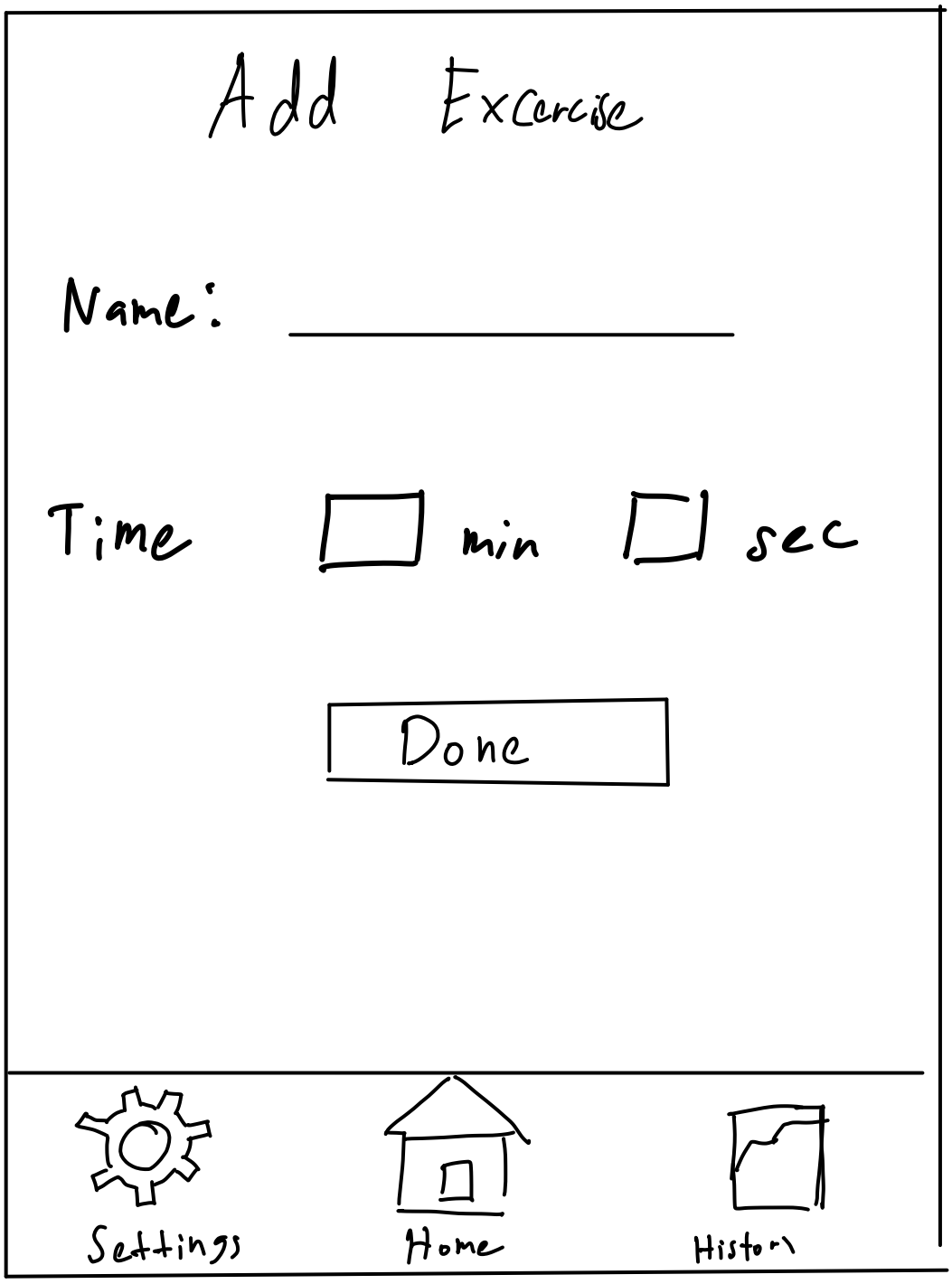


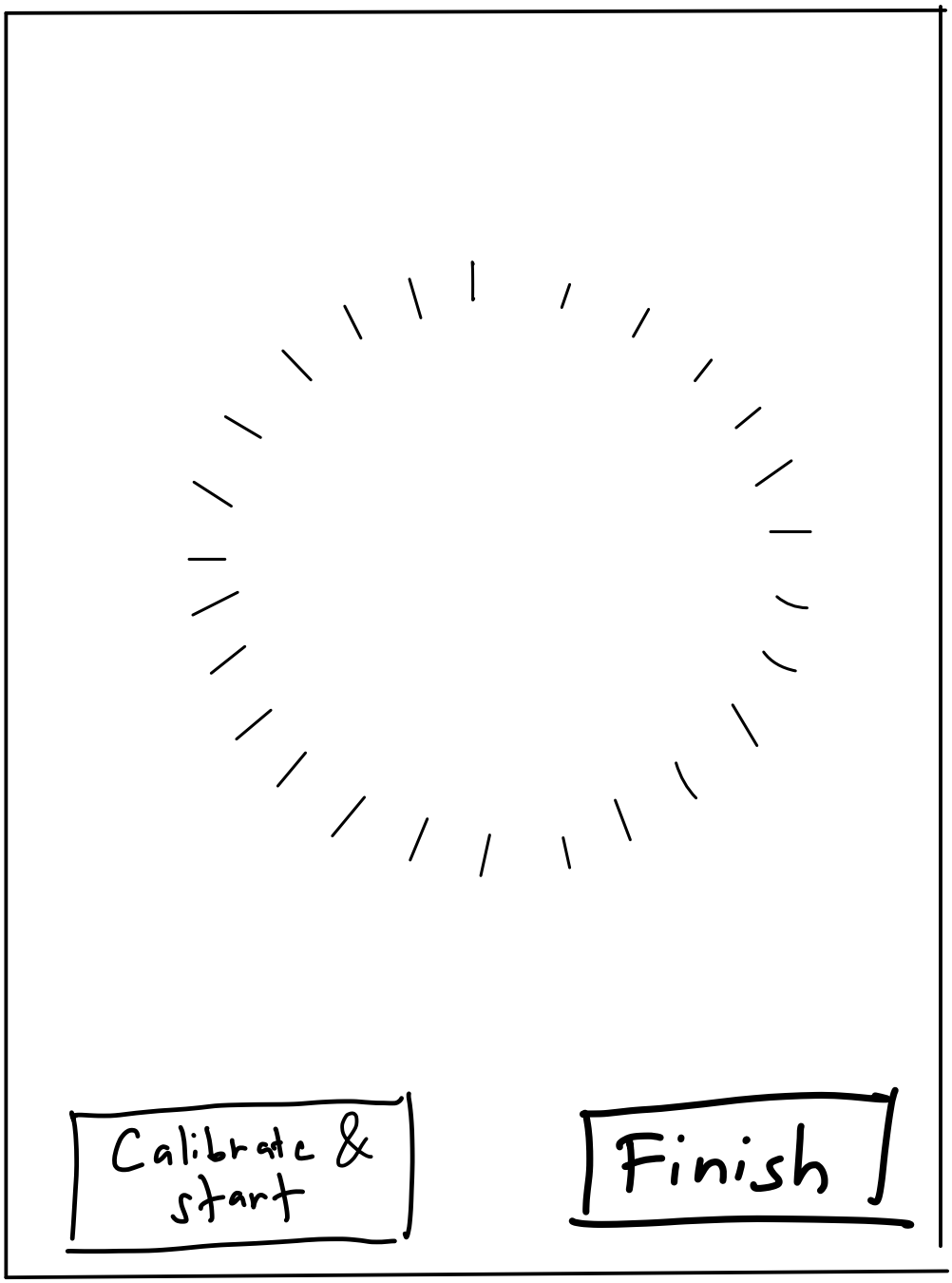
Settings

Home

History


QuickStart
Excercise 1
def
min
def
sec
Excercise 2
Excercise 3
Settings
Home
History


Add Excercise
Name:
Time
min
sec
Done
Settings
Home
Histori

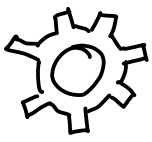

Calibrate & start
Finish

Excercise History

Excercise 1

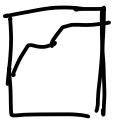
Excercise 2

Excercise 3



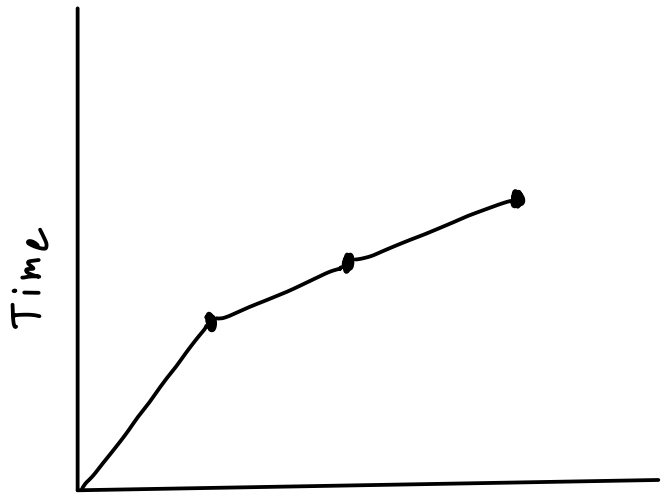
Settings

Home

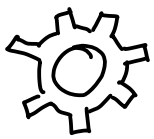


History

Excercise Name

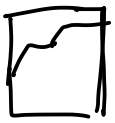


Best : 1.5 min
Avg: 1.0 min



Settings

Home



Histor

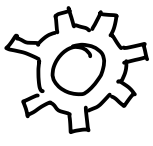
Settings

Sound Effect [Standard ▽]

Vibration [ ]

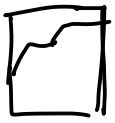
Mute Sound w/ headphones [ ]

Main Color [Violet ▽]



Settings

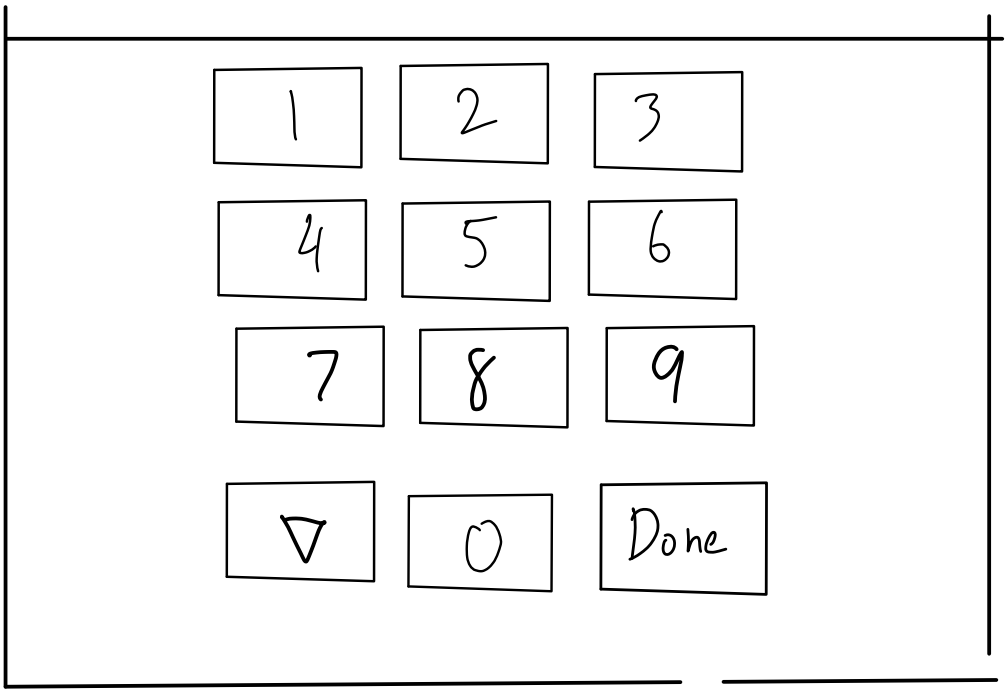
Home

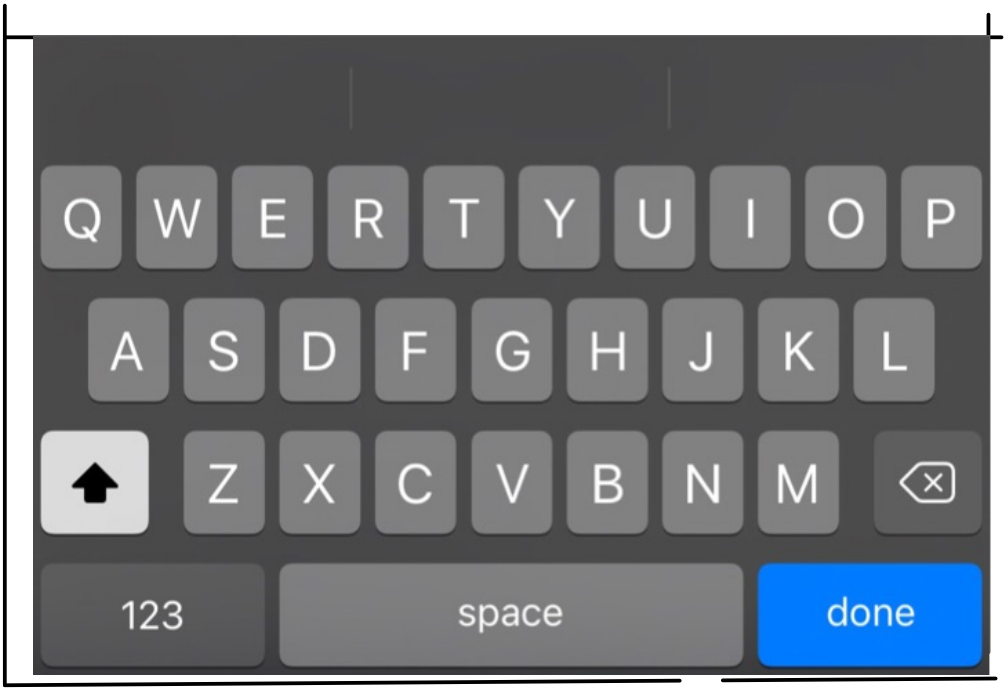


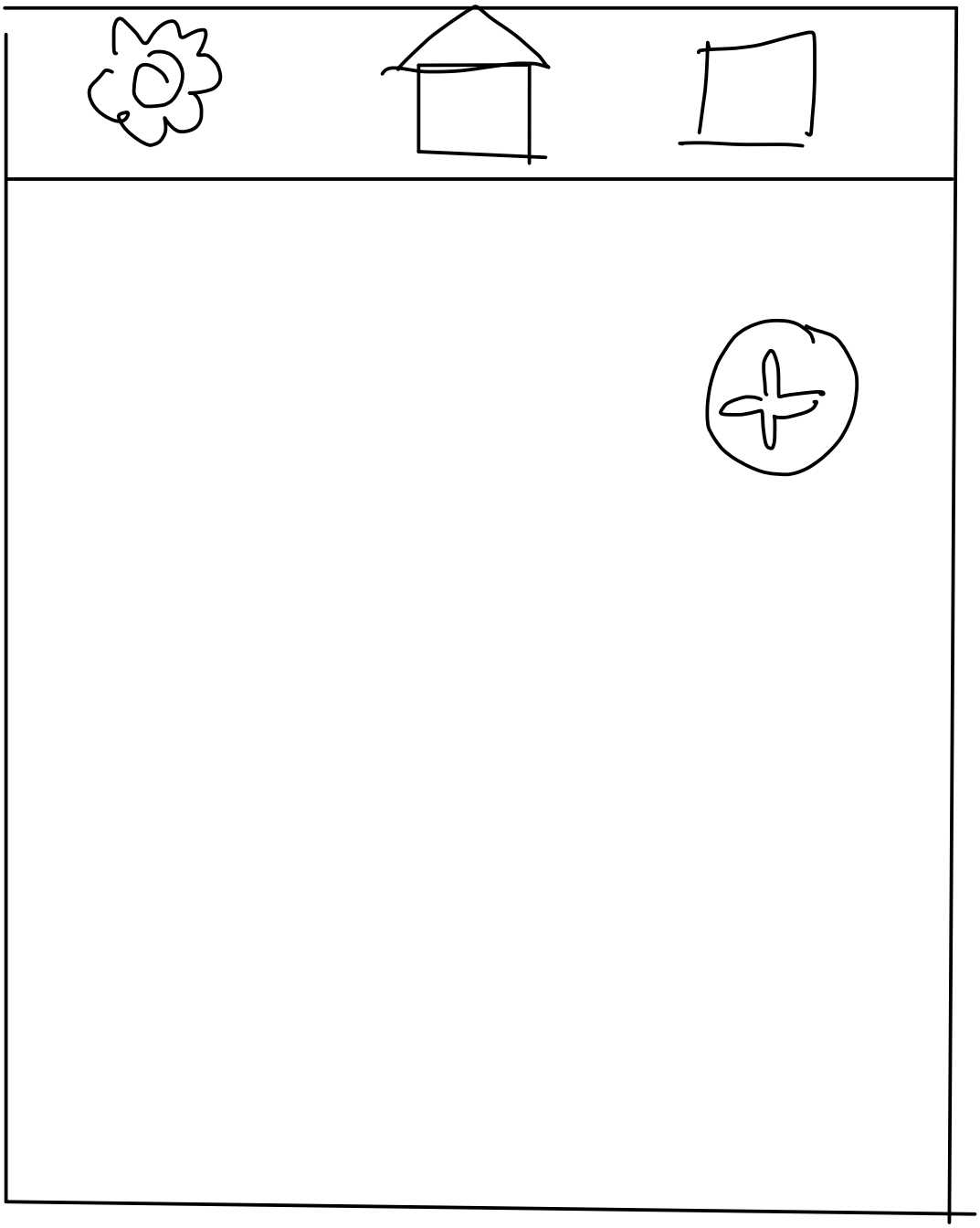
History

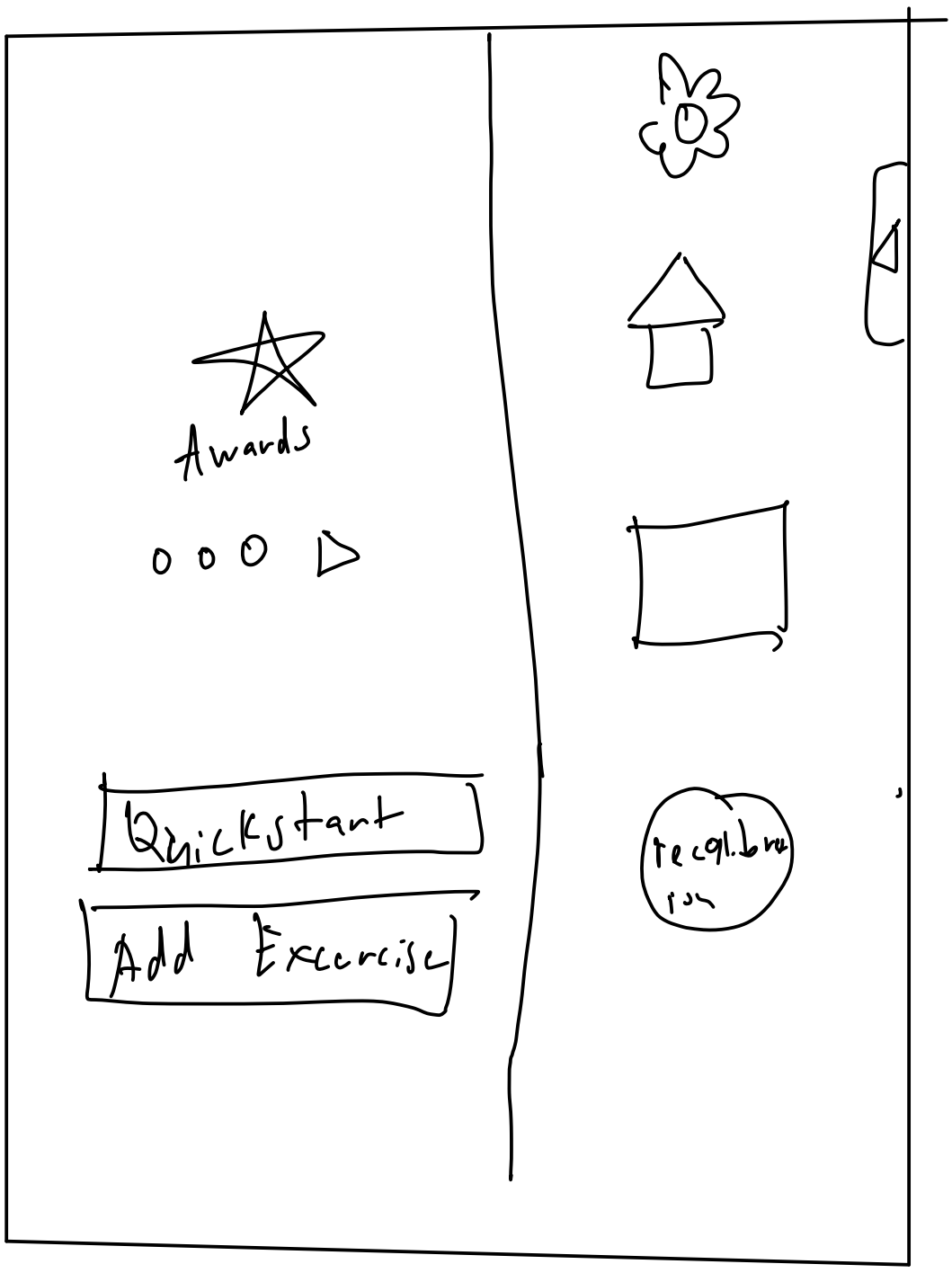
- Effect 1
- Effect 2
- Effect 3

- Red
- Blue
- Green


1
2
3
4
5
6
7
8
9
0
Done

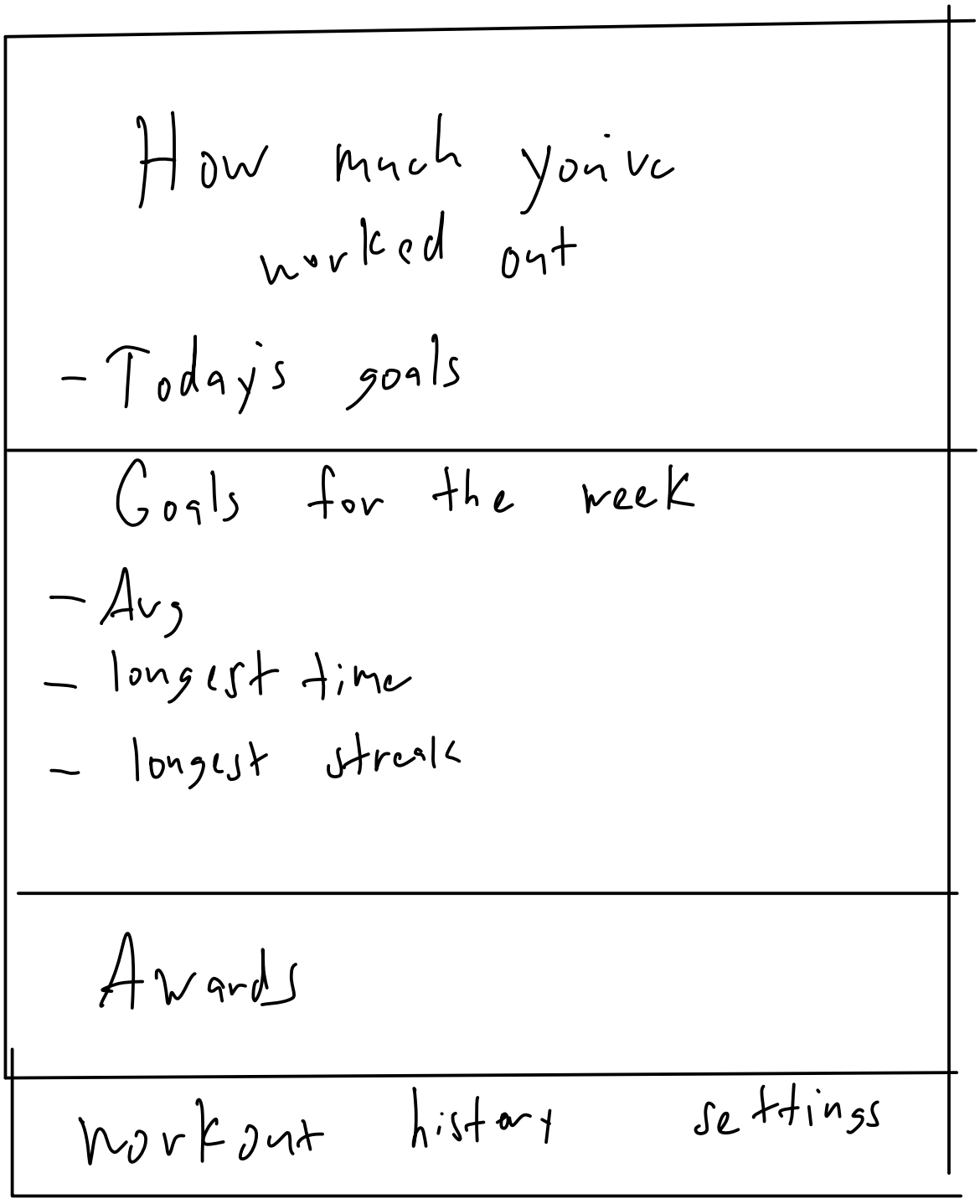

Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
123
space
done





Brief Summary or chart on Main Screen

Test designs

- original & swiping

Motivation oriented