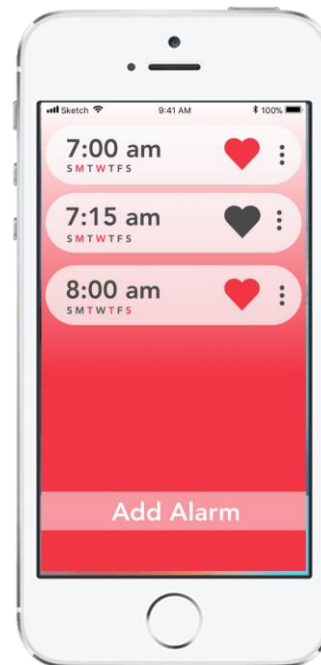


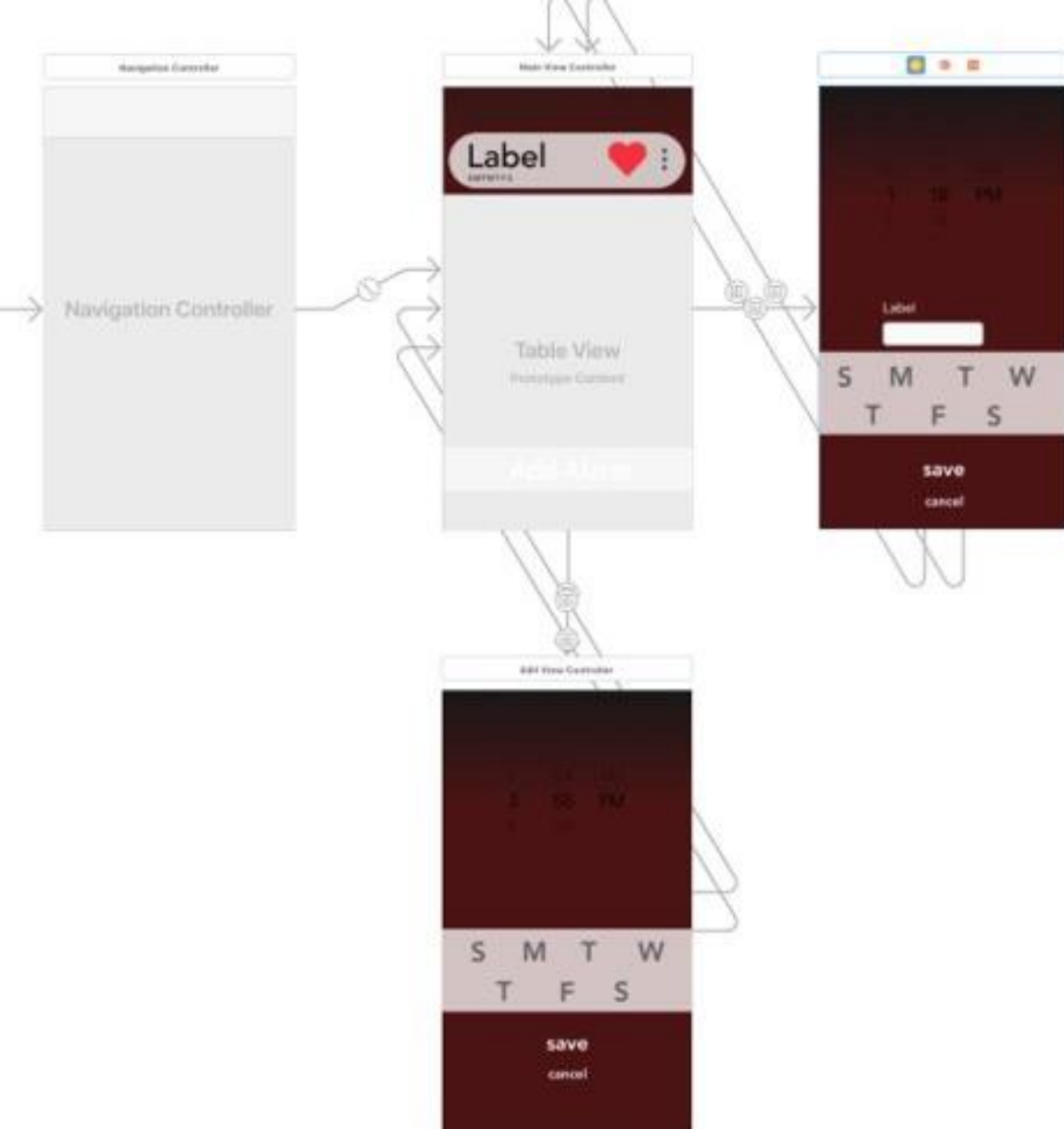
A stylized illustration of an alarm clock. The clock face is a large red circle with a red heart in the center. The clock has four grey legs. The background is a dark blue gradient with faint, light blue circular patterns and numbers, suggesting a clock face or a celestial map.

ELEVATE YOUR MORNING

NANCY VIDALES & EMANUEL ZAPATA

OVERVIEW





OVERVIEW

FileEditHardwareDebugWindowHelp

Running ElevateYourMorning on iPhone SE

Buildtime (34)Runtime

ElevateYourMorning WatchKit App 2...

Asset Catalog Compiler Warning

A 1024x1024 app store icon is required for watchOS apps Assets.xcassets

AppIcon.appiconset/iTunesArtwork@1x.png is 512x512 but should be 1024x1024. Assets.xcassets

ElevateYourMorning 31 issues

Auto Layout Localization

Fixed leading and trailing constraints with a center constraint may cause clipping. Main.storyboard

Ambiguous Content

AppIcon.appiconset/iTunesArtwork@1x.png is 512x512 but should be 1024x1024. Assets.xcassets

AppIcon.appiconset/Icon-App-20x20@2x-1.png is 40x40 but should be 20x20. Assets.xcassets

AppIcon.appiconset/Icon-App-20x20@3x-1.png is 60x60 but should be 40x40. Assets.xcassets

AppIcon.appiconset/Icon-App-29x29@2x-1.png is 58x58 but should be 29x29. Assets.xcassets

AppIcon.appiconset/Icon-App-29x29@3x-1.png is 87x87 but should be 58x58. Assets.xcassets

AppIcon.appiconset/Icon-App-40x40@2x-1.png is 80x80 but should be 40x40. Assets.xcassets

AppIcon.appiconset/Icon-App-40x40@3x-1.png is 120x120 but should be 80x80. Assets.xcassets

AppIcon.appiconset/Icon-App-76x76@2x.png is 152x152 but should be 76x76. Assets.xcassets

AppIcon.appiconset/Icon-App-76x76@3x.png is 228x228 but should be 152x152. Assets.xcassets

Carrier 12:19 PM

Elevate Your Morning

iPhone SE - 11.2

26

12:19:39

TAP TO OPEN

Identity and Type

Name AppDelegate.swift

Type Default - Swift Source

Location Relative to Group

AppDelegate.swift

Full Path /Users/emanuelzapata/senior_project/ElevateYourMorning/ElevateYourMorning/AppDelegate.swift

On Demand Resource Tags

Only resources are taggable

Target Membership

☒ ElevateYourMorning

☐ ElevateYourMorningTests

☒ ElevateYourMorning WatchKit App

☐ ElevateYourMorning WatchKit Extension

Text Settings

Text Encoding No Explicit Encoding

Line Endings No Explicit Line Endings

Indent Using Spaces

Widths 4 4

Tab Indent

☒ Wrap lines

Image - Displays a static or animated image.

Filter

Auto

Filter

All Output

Filter

ima



Buildtime (34)Runtime

ElevateYourMorning WatchKit App 2...

Asset Catalog Compiler Warning

A 1024x1024 app store icon is required for watchOS apps
Assets.xcassets

Applcon.appiconset/iTunesArtwork@1x.png is 512x512 but should be 1024x1024.
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Assets.xcassets

Applcon.appiconset/icon-App-20x20@3x-1.png is 60x60 but should be 40x40.
Assets.xcassets

Applcon.appiconset/icon-App-29x29@2x-1.png is 58x58 but should be 29x29.
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Applcon.appiconset/icon-App-29x29@3x-1.png is 87x87 but should be 58x58.
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Applcon.appiconset/icon-App-76x76@3x.png is 228x228 but should be 152x152.
Assets.xcassets

Carrier 12:19 PM

7:00 SMTWTFSS

12:19:47 26

TAP TO OPEN

Add Alarm

iPhone SE - 11.2

2018-04-26 12:19:39.968070-0500 ElevateYourMorning[44237:11268626] healthkit available iOS

2018-04-26 12:19:40.010235-0500 ElevateYourMorning[44237:11269630] [WC] WCSSession counterpart app not installed

2018-04-26 12:19:40.428647-0500 ElevateYourMorning[44237:11268626] 7:00

2018-04-26 12:19:40.429891-0500 ElevateYourMorning[44237:11268626] Alarm

2018-04-26 12:19:40.429555-0500 ElevateYourMorning[44237:11268626] alarm: on

2018-04-26 12:19:40.433076-0500 ElevateYourMorning[44237:11268626] id: 0

2018-04-26 12:19:40.709082-0500 ElevateYourMorning[44237:11268626] [MC] System group container for systemgroup.com.apple.configurationprofiles path is /Users/emanuelzapata/Library/Developer/CoreSimulator/Devices/41FB5363-8074-4747-8797-886FB372754A/data/Containers/Shared/SystemGroup/systemgroup.com.apple.configurationprofiles

2018-04-26 12:19:40.710496-0500 ElevateYourMorning[44237:11268626] [MC] Reading from private effective user settings.

2018-04-26 12:19:41.244820-0500 ElevateYourMorning[44237:11268626] Unbalanced calls to begin/end appearance transitions for <UIViewController: 0x7fe67d614510>.

granted: true

Identity and Type

Name AppDelegate.swift

Type Default - Swift Source

Location Relative to Group

AppDelegate.swift

Full Path /Users/emanuelzapata/senior_project/ElevateYourMorning/ElevateYourMorning/AppDelegate.swift

On Demand Resource Tags

Only resources are taggable

Target Membership

ElevateYourMorning

ElevateYourMorningTests

ElevateYourMorning WatchKit App

ElevateYourMorning WatchKit Extension

Text Settings

Text Encoding No Explicit Encoding

Line Endings No Explicit Line Endings

Indent Using Spaces

Widths 4 4


















Tab Indent

Wrap lines

Image - Displays a static or animated image.



Buildtime (34s) Runtime

- 
 - 
 -  A 1024x1024 app store icon is required for watchOS apps
Assets.xcassets
 -  Applcon.appiconset/iTunesArtwork@1x.png is 512x512 but should be 1024x1024.
Assets.xcassets
- 
 - 
 -  Fixed leading and trailing constraints with a center constraint may cause clipping.
Main.storyboard
 - 
 -  Applcon.appiconset/iTunesArtwork@1x.png is 512x512 but should be 1024x1024.
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 -  Applcon.appiconset/Icon-App-20x20@2x-1.png is 40x40 but should be 20x20.
Assets.xcassets
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Assets.xcassets
 -  Applcon.appiconset/Icon-App-40x40@2x-1.png is 80x80 but should be 40x40.
Assets.xcassets
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Assets.xcassets
 -  Applcon.appiconset/Icon-App-76x76@2x.png is 152x152 but should be 76x76.
Assets.xcassets
 -  Applcon.appiconset/Icon-App-76x76@3x.png is 228x228 but should be 152x152.
Assets.xcassets

Filter

Carrier 12:19 PM

10 18
11 19 AM
12 20 PM
1 21
2 22

Label

Enter Heartrate

S M T W
T F S

save
cancel

iPhone SE - 11.2

26
12:19:57
TAP TO OPEN

Auto Filter

```

2018-04-26 12:19:39.968870-0500 ElevateYourMorning[44237:11268626] healthkit
available iOS
2018-04-26 12:19:40.010235-0500 ElevateYourMorning[44237:11269630] [WC] WCSession
counterpart app not installed
2018-04-26 12:19:40.428647-0500 ElevateYourMorning[44237:11268626] 7:00
2018-04-26 12:19:40.429091-0500 ElevateYourMorning[44237:11268626] Alarm
2018-04-26 12:19:40.429555-0500 ElevateYourMorning[44237:11268626] alarm: on
2018-04-26 12:19:40.433076-0500 ElevateYourMorning[44237:11268626] id: 0
2018-04-26 12:19:40.709082-0500 ElevateYourMorning[44237:11268626] [MC] System
group container for systemgroup.com.apple.configurationprofiles path is /Users/
emanuelzapata/Library/Developer/CoreSimulator/Devices/
41FB5363-8074-4747-8797-886FB372754A/data/Containers/Shared/SystemGroup/
systemgroup.com.apple.configurationprofiles
2018-04-26 12:19:40.710496-0500 ElevateYourMorning[44237:11268626] [MC] Reading
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2018-04-26 12:19:41.244820-0500 ElevateYourMorning[44237:11268626] Unbalanced
calls to begin/end appearance transitions for <UIViewController: 0x7fe67d614518>.
granted: true
2018-04-26 12:19:47.388208-0500 ElevateYourMorning[44237:11269633] healthkit
premission success
2018-04-26 12:19:48.678158-0500 ElevateYourMorning[44237:11268626] add alarm
button pressed
2018-04-26 12:19:48.815546-0500 ElevateYourMorning[44237:11268626] [MC] Lazy
loading NSBundle MobileCoreServices.framework
2018-04-26 12:19:48.818636-0500 ElevateYourMorning[44237:11268626] [MC] Loaded
MobileCoreServices.framework
2018-04-26 12:19:51.506263-0500 ElevateYourMorning[44237:11268626] 12:19
2018-04-26 12:19:51.506413-0500 ElevateYourMorning[44237:11268626] Alarm
2018-04-26 12:19:51.506565-0500 ElevateYourMorning[44237:11268626] alarm: on
2018-04-26 12:19:51.506708-0500 ElevateYourMorning[44237:11268626] on for day tue
2018-04-26 12:19:51.506876-0500 ElevateYourMorning[44237:11268626] id: 1
2018-04-26 12:19:51.536696-0500 ElevateYourMorning[44237:11268626] 7:00
2018-04-26 12:19:51.536851-0500 ElevateYourMorning[44237:11268626] Alarm
2018-04-26 12:19:51.537075-0500 ElevateYourMorning[44237:11268626] alarm: on
2018-04-26 12:19:51.537336-0500 ElevateYourMorning[44237:11268626] id: 0
2018-04-26 12:19:51.545855-0500 ElevateYourMorning[44237:11268626] 12:19
2018-04-26 12:19:51.546266-0500 ElevateYourMorning[44237:11268626] Alarm
2018-04-26 12:19:51.546562-0500 ElevateYourMorning[44237:11268626] alarm: on
2018-04-26 12:19:51.546856-0500 ElevateYourMorning[44237:11268626] on for day tue
2018-04-26 12:19:51.547423-0500 ElevateYourMorning[44237:11268626] id: 1
2018-04-26 12:19:53.441423-0500 ElevateYourMorning[44237:11268626] add alarm
button pressed

```

Identity and Type

Name

AppDelegate.swift

Type

Default - Swift Source

Location

Relative to Group

AppDelegate.swift

Full Path

/Users/emanuelzapata/
senior_project/
ElevateYourMorning/
ElevateYourMorning/
AppDelegate.swift

On Demand Resource Tags

Only resources are taggable

Target Membership

☒ ElevateYourMorning

☐ ElevateYourMorningTests

☐ ElevateYourMorning WatchKit App

☐ ElevateYourMorning WatchKit Extension

Text Settings

Text Encoding

No Explicit Encoding

Line Endings

No Explicit Line Endings

Indent Using

Spaces

Widths

4

Tab

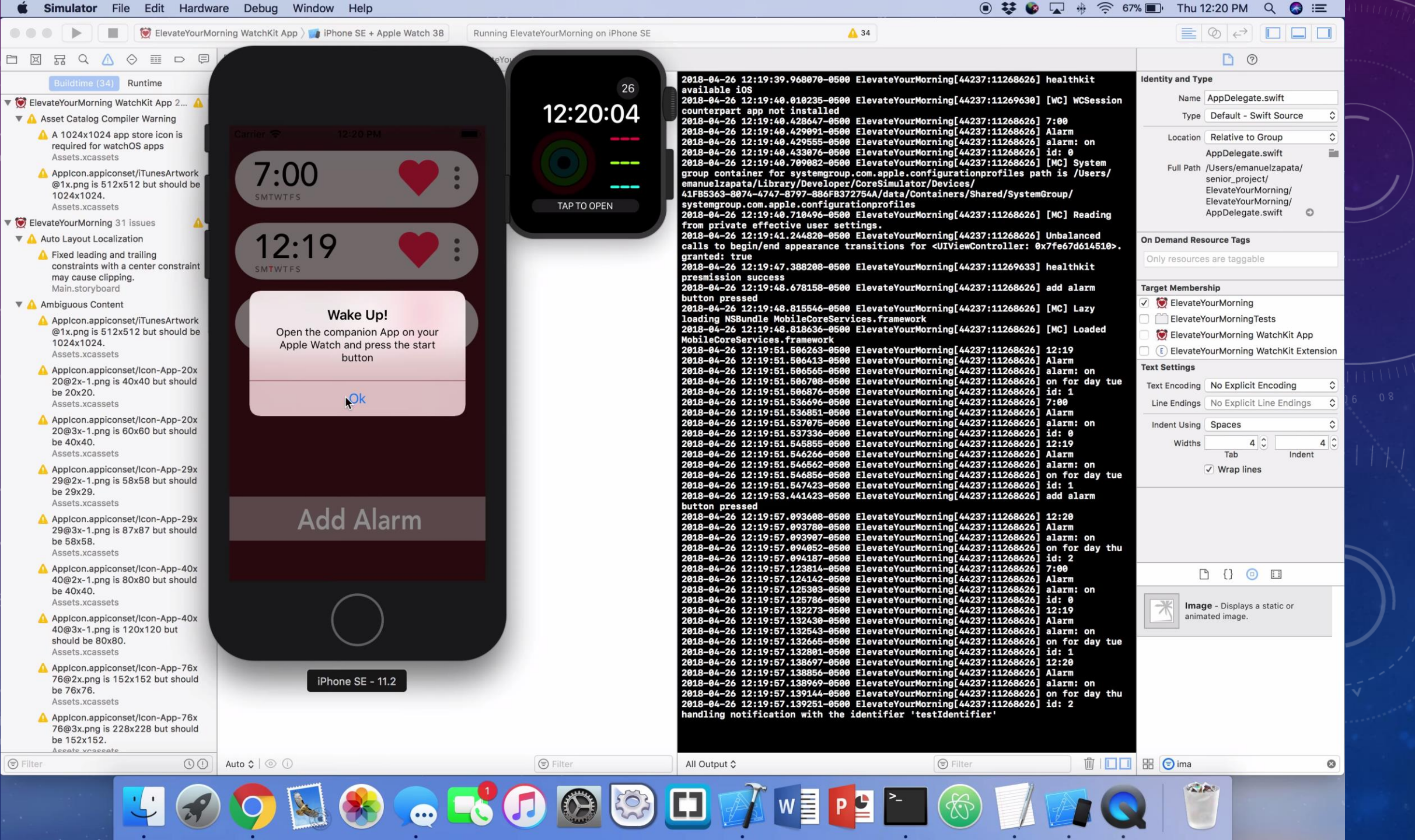
4

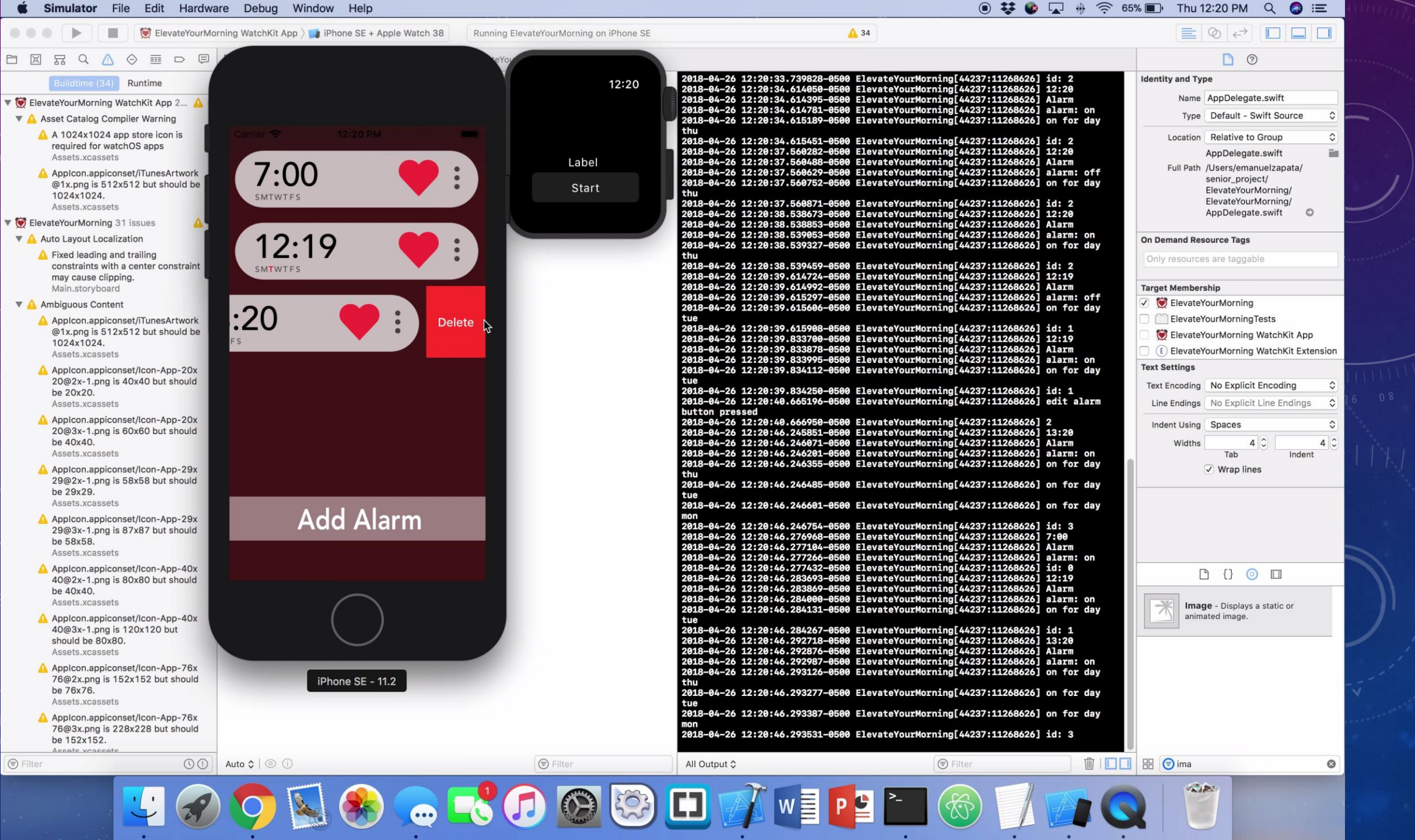
Indent

☒ Wrap lines

Image

- Displays a static or animated image.







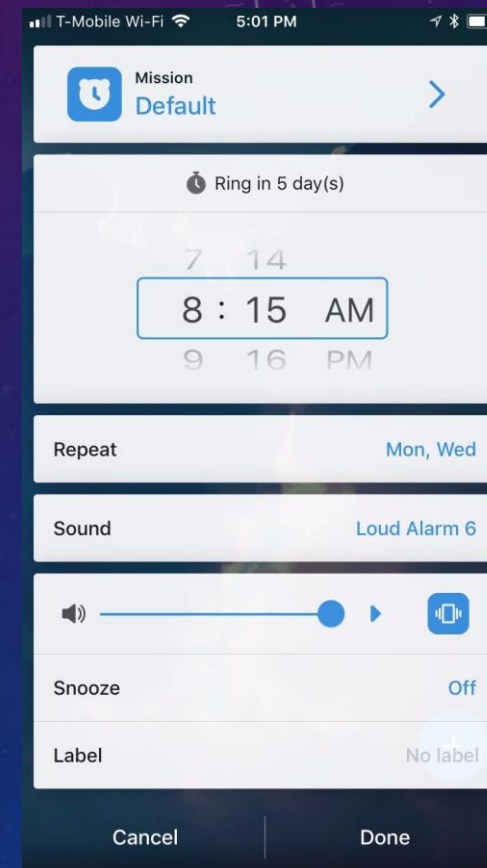
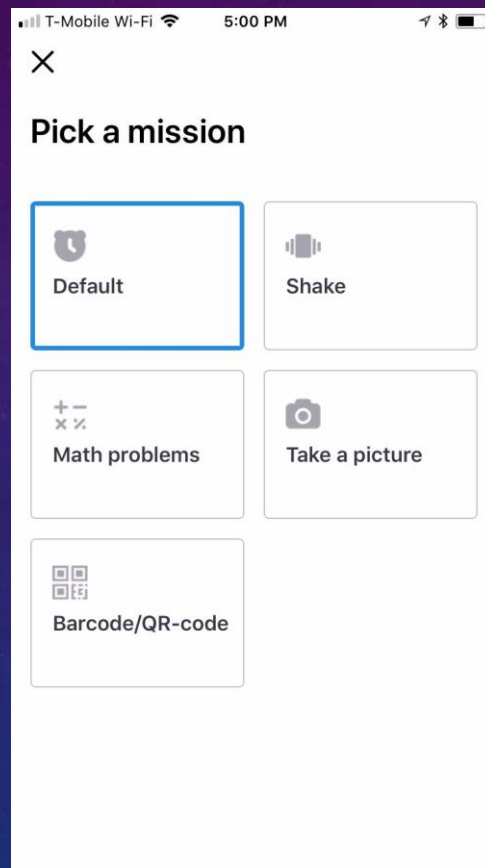
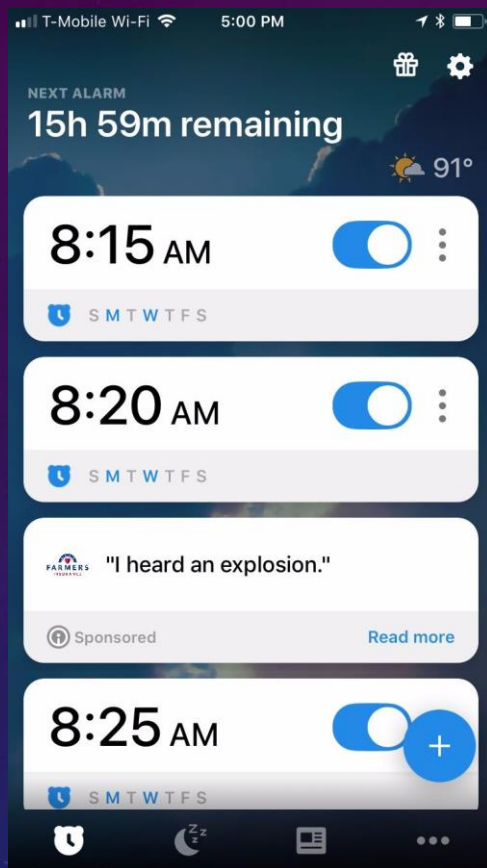
MOTIVATION

WHAT WAS THE
GOAL?



The background is a gradient of dark blue and purple, speckled with white dots resembling a starry sky. Overlaid on this are several faint, white geometric patterns. In the top right, there is a large circular scale with degree markings from 0 to 210 and concentric circles. In the bottom right, there are concentric circles with dashed lines and arrows indicating a clockwise direction. In the bottom left, there are also concentric circles with dashed lines and arrows. A small, partial circular scale is visible in the top left corner.

HOW IS THIS DIFFERENT?



WHAT DID WE USE?



 Sketch

 **WATCH**



ISSUES



SUCCESS!!!!

DEMO!



FUTURE WORK



THE THINGS
N E T W O R K

THANK YOU!
ANY QUESTIONS?



REFERENCES

- - Cardiovascular System Science: Investigate Heart-Rate Recovery Time
- - Elevated resting heart rate, physical fitness and all-cause mortality: a 16-year follow-up in the Copenhagen Male Study
- - Effects of Moderate and Vigorous Physical Activity on Heart Rate Variability in a British Study of Civil Servants