

# Wireframes

## Login Page:

First page to greet the user.



### Login - Signup

## Main Home Page

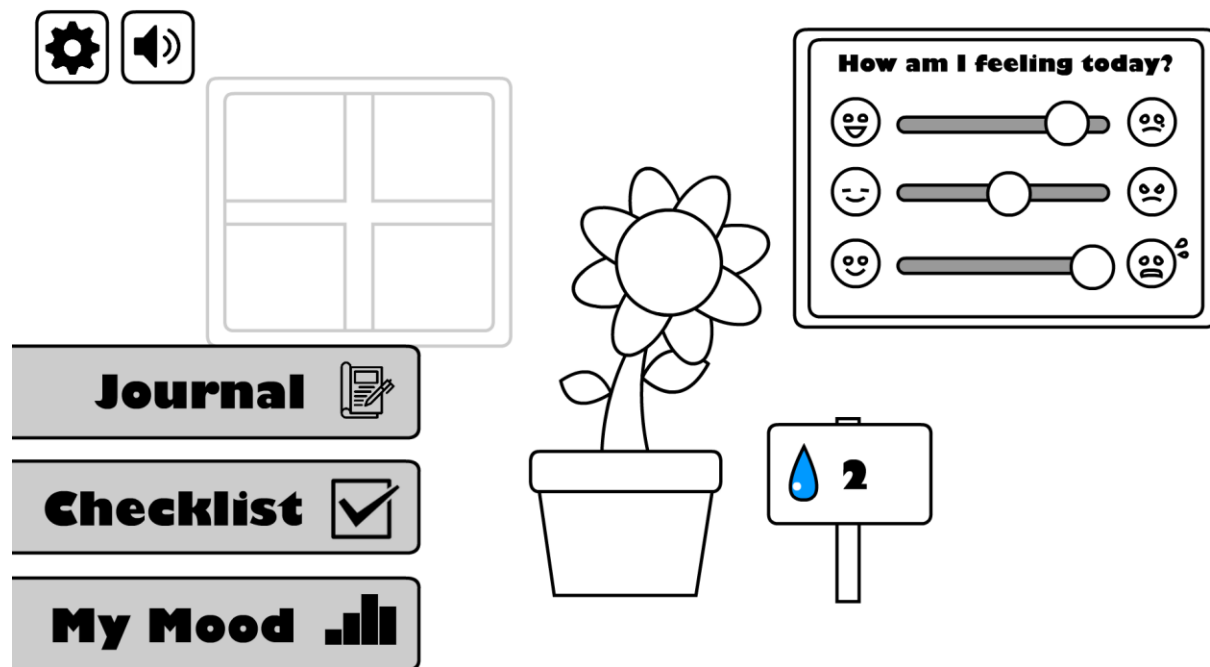
**Flower:** Features a flower in the center. As the user completes items in the Checklist, the flower will be fed water and can grow. The current amount of water fed to the flower on the same day is indicated on the sign beside it. (The flower does not wilt)

**Journal:** Takes the user to the Journal page

**Checklist:** Pops out a view where the user can check their daily activities and complete them.

**My Mood:** Takes the user to the My Mood page.

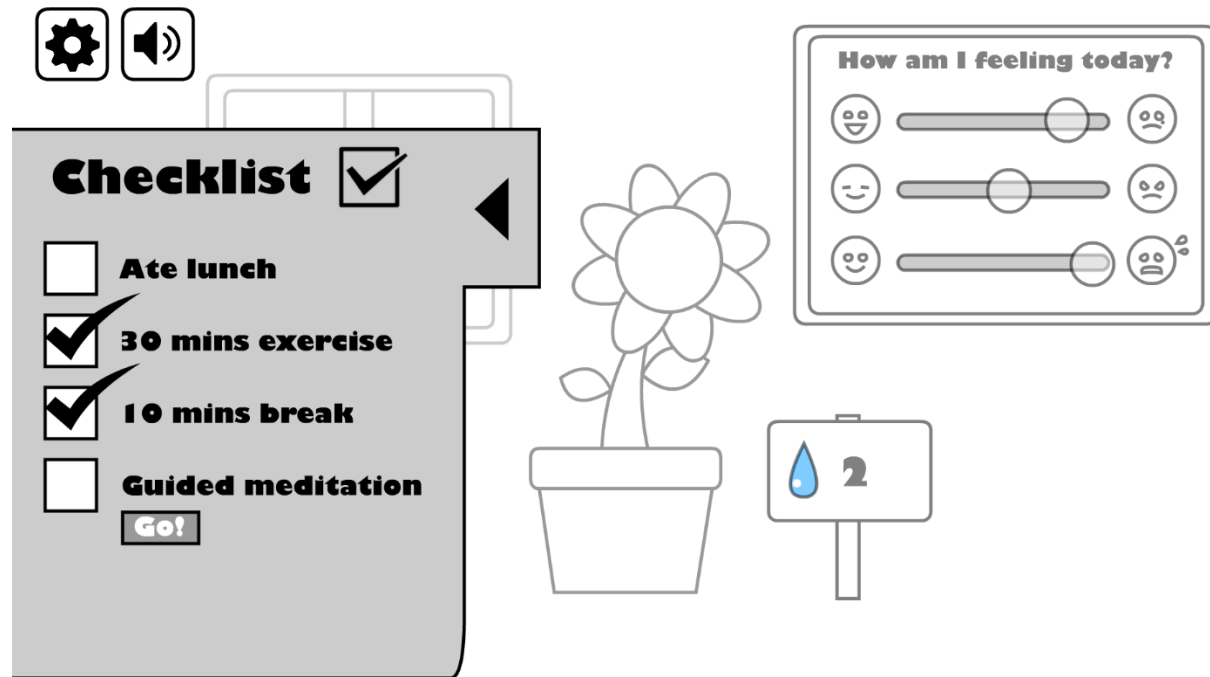
**Emotion Slider:** Features a few emotions that the user can input their current mood into, which will then be used in the My Mood page. If the user doesn't write a journal, the Emotion Slider can be a substitute for emotion tracking.



## Checklist Popout

After clicking on the Checklist tab, this view pops out. The user can check the list of items on the to-do list and check them off by ticking the box. Occasionally, there will be an added item such as Guided Meditation, Relaxation Exercise, etc. that may appear. Clicking the Go! Button will bring the user to the Guided Meditation page.

Each time the user checks off an item, the flower is fed one water drop, which will update on the Main Home page.



## Guided Meditation

After clicking on the Go! Button from the Checklist popout, the user is taken to this page. There are a few different exercises that can be done, one of which is a breathing exercise for 1 minute.

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### Guided Meditation - 1 min



**Breathe in.**

## Journal page

From the Main Home page, after clicking the Journal tab, the user is taken to the Journal page.

**Main Journal paper:** The top left corner includes the date, and the rest of the paper is a text area for the user to type in their journal to record their activities or experience for the day. Clicking on Save will input the journal into the list in Journal History. (There can be multiple journals made on the same day)

**Journal History:** The top shows a list of past journals organized by date and time created. Clicking on them will take the user to the corresponding journal of a previous session.

**Respond to my Journal:** Calls upon a Language Model that parses through the current journal and responds depending on the content. If it deems the user requires more serious help, it will offer professional resources.



**Respond to  
my Journal**

03/05

**Dear journal,**

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**Save**

# Respond to my Journal

The model also may suggest the user actionable strategies. For example, if a user mentions being overwhelmed with tests that all need studying, the model may suggest effective studying methods. Or, if the user often mentions being stressed by work and having little time to contact family, the model may remind the user to put aside a short moment to give family a call.

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Today

It sounds like work is causing you stress.

If you have time today, don't forget to give your family members a call tonight.

Save

Respond to my Journal

## My Mood Page

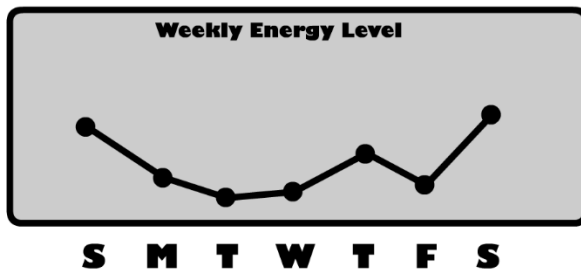
From the Main Home page, if the user clicks on the My Mood tab, they will be sent to this page. This page includes many statistics based on the user's overall mood, which can be entered via the Emotion Sliders, and also Journal. It gives an overview on the user's stress, happiness etc. in different time intervals (weeks, months), and points out common patterns.

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## My Mood Chart

**Your  
happiest  
day of  
the week**

**Saturday**



### Average Weekly Stress

