

DESIGN

The design for the task is provided in Figma format (.fig) that can be accessed via the Figma web app or Figma desktop app. You can access the app online or download it [here](#). The preview for the file can be accessed [here](#). You can take a look at the prototype to observe the process flow.

BUILD & LOGIC

Please use the prototype provided to build a simple questionnaire application. In addition to all of the questionnaire steps, a responsive design has been provided for the splash screen as a guide. Please use your best judgement to build the rest of the step pages in a mobile responsive manner. Feel free to make design assumptions for the mobile version.

The app should take the user through a series of questions and present 1 out of 3 possible options -- the values table below has the score data -- culminating in a user's wellness score. This value should then be multiplied by their age factor for a final wellness score and their resulting wellness status, ie "Needs Help", "Doing Well", or "Champion" (shown below).

1. How old are you?	18 – 24 years	25 – 30 years	30 + years
	Factor 1	Factor 0.9	Factor 0.8
2. How are you feeling today?	Sad	Neutral	Happy

	-2	0	+2
3. Do you have someone who you feel comfortable sharing your feelings with?	Yes	No	–
	+3	0	
4. How many times this week would you say you felt stressed to the point of worry?	0 times	1-2 times	3+ times
	+3	0	-2
5. How many times this week have you exercised moderately for more than 20 minutes?	0 times	1-2 times	3+ times
	0	1	2
6. How many hours do you sleep on average every day?	< 6 hours	6 – 8 hours	8 + times
	-1	1	2
7. How many times each day do you stop to relax and breathe?	0 times	1 + times	–
	0	2	

RESULT CALCULATION

<i>Based on the cumulative score from all 7 steps.</i>	< 5	5 – 10	10 +
	Needs help	Doing Well	Champion

VALIDATION

All steps are mandatory and cannot be skipped. Please use your best judgement to add the error message upon validation.

TECHNICAL REQUIREMENTS

1. Please commit your code to a git repository and share with us a public link. A short readme with directions should be included.
2. Please use a bundle / task runner like webpack/gulp/grunt to build your project.
3. Please use a CSS preprocessor like SCSS/LESS.

GOOD LUCK!