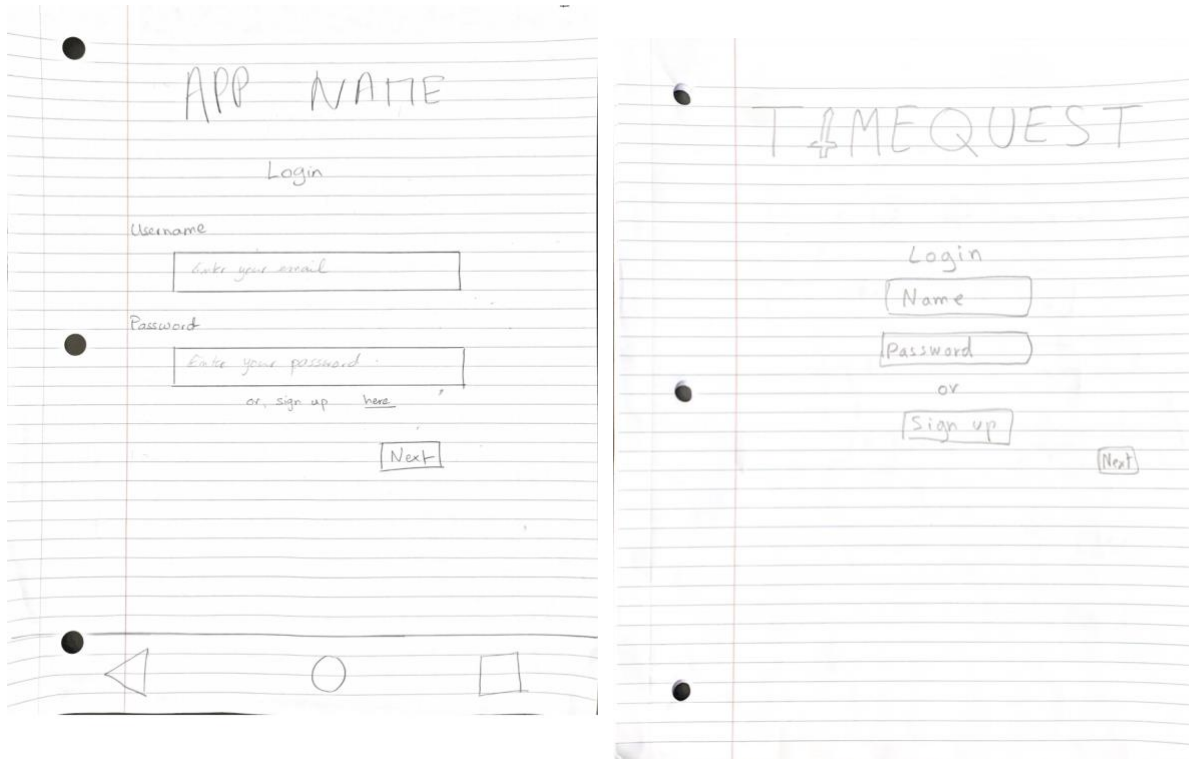


User or Training Documentation

This documentation is intended to train users the general functionalities of the app. When you first open the application, you are greeted by a login/sign up page on both prototypes.



Prototype 1:

The second setup screen provides the user with options to reduce total phone usage (Option 1) or reduce usage of specific apps (Option 2). Choosing the first one will prompt the user how much time he wants to save per day and the second option provides him with a list of apps he wants to reduce the usage with.

This ends the setup process and takes the user to the main screen labeled (Your ring). The main screen consists mainly of a ring indicating the users' progress on time he saved not using his phone with encouragement messages underneath. Pressing the ring will show a detailed report of the usage throughout the week.

Clicking on the (Friends) tab takes the user to the friends page where he can see his current challenges with friends as well as invite friends to join. At the bottom there is a leaderboard of users with the highest points.

The history tab provides a monthly view of the rings progress of every day.

Finally, the settings page allows users to change their goal type or modify their current goal's settings, change the email and password for the account and allow/disable notifications.

Prototype 2:

The second setup screen provides the user with options to reduce total phone usage (Option 1), reduce usage of a certain category of apps (Option 2) or reduce usage of specific apps (Option 3) . Choosing the first one will prompt the user how much time he wants to save per day. The second option gives the user the choice to choose a specific category like games where usage would be reduced. The third option provides him with a list of apps he wants to reduce the usage with.

Next is another setup screen to add friends using Facebook, local contact list from the phone and adding friends by manually entering their phone number.

This page is followed by a data and privacy screen informing the user about the ethical use of data and the respect of his privacy by the app. To progress, the user needs to accept the agreement. The last setup page informs the user of the general idea of the app and gets him started.

The app has one main screen: the player map showing all the users' progress on their journeys. There are 4 menu buttons on the bottom left, the account menu shows all personal info, reset the password, invite friends as well as see friend invites. The challenges menu allows the user to leave the current challenge, see ongoing challenges as well as completed ones. The activity menu shows the overall usage of the user and allows him to filter usage by app categories. Finally there is the settings menu to set app notification, sound, music, change the usage goal and logout.

To exit from each menu section, the user has to click the Done button to go back to the map.