

Auto Schedule App **CYCLES**

This app will generate a schedule if a person is not sure what they are going to do in a day or if they are serious procrastinators. This app will create a daily schedule according to user's hobbies, duties and mood. For instance if they are in a bad mood the app will generate a more lazy schedule with probably less work. However if a user has strict duties that require a certain time interval like going to work, the app will consider this and generate a schedule accordingly. You may ask why would people obey such a thing? First of all life coaching can be very beneficial for some people to get themselves together. A force that make you obey a schedule can help you to be more disciplined. On the other hand, gamification is a rising trend that makes ordinary things more appealing by introducing game elements into UI. This will also bring competition and reward mechanisms, which will motive users to follow certain task. Like Nudge Theory suggests. In this case, obeying a schedule will be gamified.

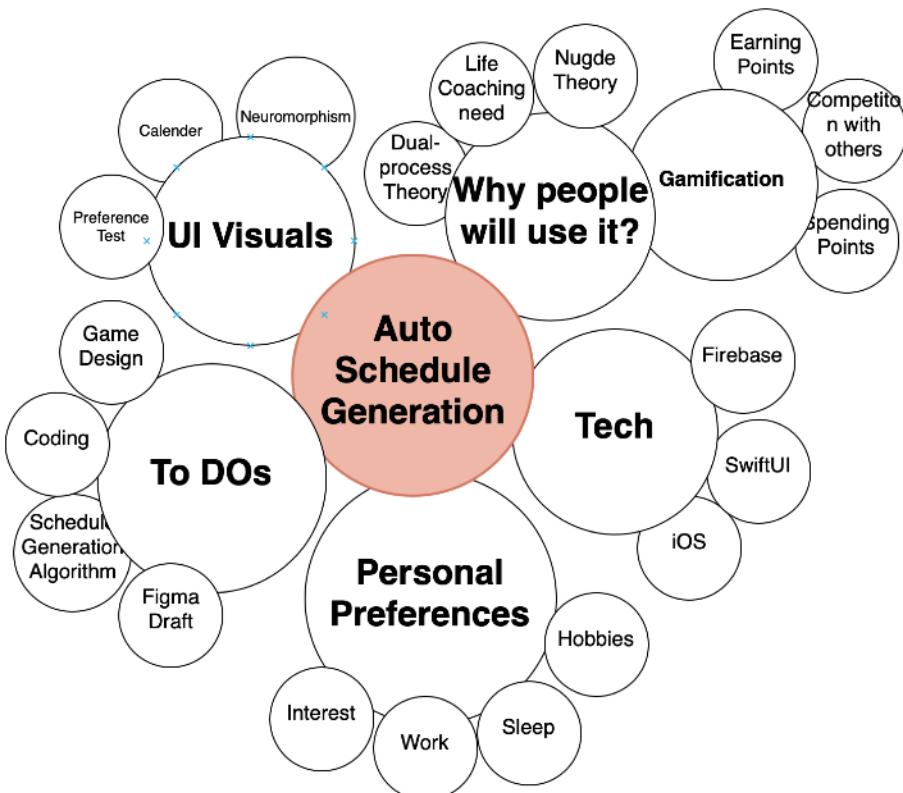
www.youtube.com/watch?v=_dR8mAN0Jb4 (App overview video)



How the App Works

The app works in this manner: Users first take an Initial Test, which is similar to a user preferences we see in other applications. This test will be taken only once when you first run the application and fill in your profile. Once this is done, user take The Mood Test. This test is prepared as much detailed as possible. The reason being is that the mood of a person is indeed too complicated to be defined by simple algorithms. Also it is not deterministic, it doesn't have a regular state. Therefore there are at most 60 questions to take in order to generate a schedule. It can be finished in 10 minutes in the morning and have a schedule for the rest of the day.

First Mindmap of the Project



Generalization of Mood

To be able to generate a proper schedule inside my app, I need to come up with a comprehensive moods table. This will make it easier to identify and serialize the answers coming from the mood test users will be solving when the day begins. These will be achieved by generalizing mood spectrum like this:

DEPRESSED MOOD

Sad, down, tired, unmotivated, tearful, low self-esteem; thoughts that turn to guilt or pessimism. It can feel like there's no reason to live. Patterns of sleeping and eating may change and physical pain may worsen.

Most people with depression have experienced other shades to their mood that are important to identify; such as:

ANXIOUS MOOD

Worried, nervous, tense, overwhelmed, stressed, fearful.

IRRITABLE MOOD

Easily annoyed, angry, argumentative or aggressive.

EMPTY MOOD

Unable to find pleasure in anything, not interested in people or activities (the medical term for this is *anhedonic*, which means “lack of pleasure”).

BRIGHTLY ELEVATED MOOD (OR SUNNY HYPOMANIA)

Self-confident, happy, out-going, active, running on high energy and little sleep, spontaneous or impulsive, thinking quickly, creative, making lots of plans.

DARKLY ELEVATED MOOD (OR DARK HYPOMANIA)

Edgy, agitated, impulsive, impatient, irritable, distracted and unfocused, not sleeping much, anxious. making unwise choices, feeling distrustful or paranoid. Often this mood makes people want to self-medicate with alcohol, caffeine or other drugs.

MIXED STATE

This happens when depression overlaps with a dark mania. You may feel “tired and wired”, restlessly driven but not knowing what to do. Anxiety and irritability tend to be very high and sleep very irregular. It is very hard to concentrate.

The Mood Test

The mood test will be taken in every day and it will be like a small quiz that the user will have to fill in order to generate a reasonable schedule. However, the main problem that this interface deals is that the procrastination and self-discipline of a person. To be able to achieve this the app should give the users a very easy to answer and fun test. Therefore the test I am building is heavily inspired by the mobile game *Reigns*. In this game, you have 4 aspects that you have to balance in order to survive, These are:

Church, Peasants, Army and Wealth and in the app Cycles, these values will be represented by the moods. You either give positive or negative answer to every situation and the answer will affect the overall aspects that have been mentioned above. So it's very rapid to give answers by swiping left or right, just like *Tinder*.

Mood Test Sample Questionnaire

- Would you rather stay home today?
- If a friend made a surprise visit to your home, would you be ok with that?
- Did you sleep well last night?
- When you woke up this morning, was there anything in your mind that bothered you?
- Lazy are we?
- Do you feel like a villan today?
- If you could, would you skip this day?
- You wish today was a 24hour long night?
- You feel very productive today?
- Wanna workout?
- Imagine you forgot that today's a holiday. Do you call your friends?



SwiftUI for the Development

SwiftUI is Apple's brand new framework for building user interfaces for iOS, tvOS, macOS, and watchOS. Apple introduced SwiftUI in 2019 and the framework has been evolving at a rapid pace ever since.

Database Setup

The mood test questions are stored in the Firebase servers of Google. That's important because answering same questions are other day could be very repetitive and that's a problem. With the help of this service, every question can also have variants that some tests feel different than the others

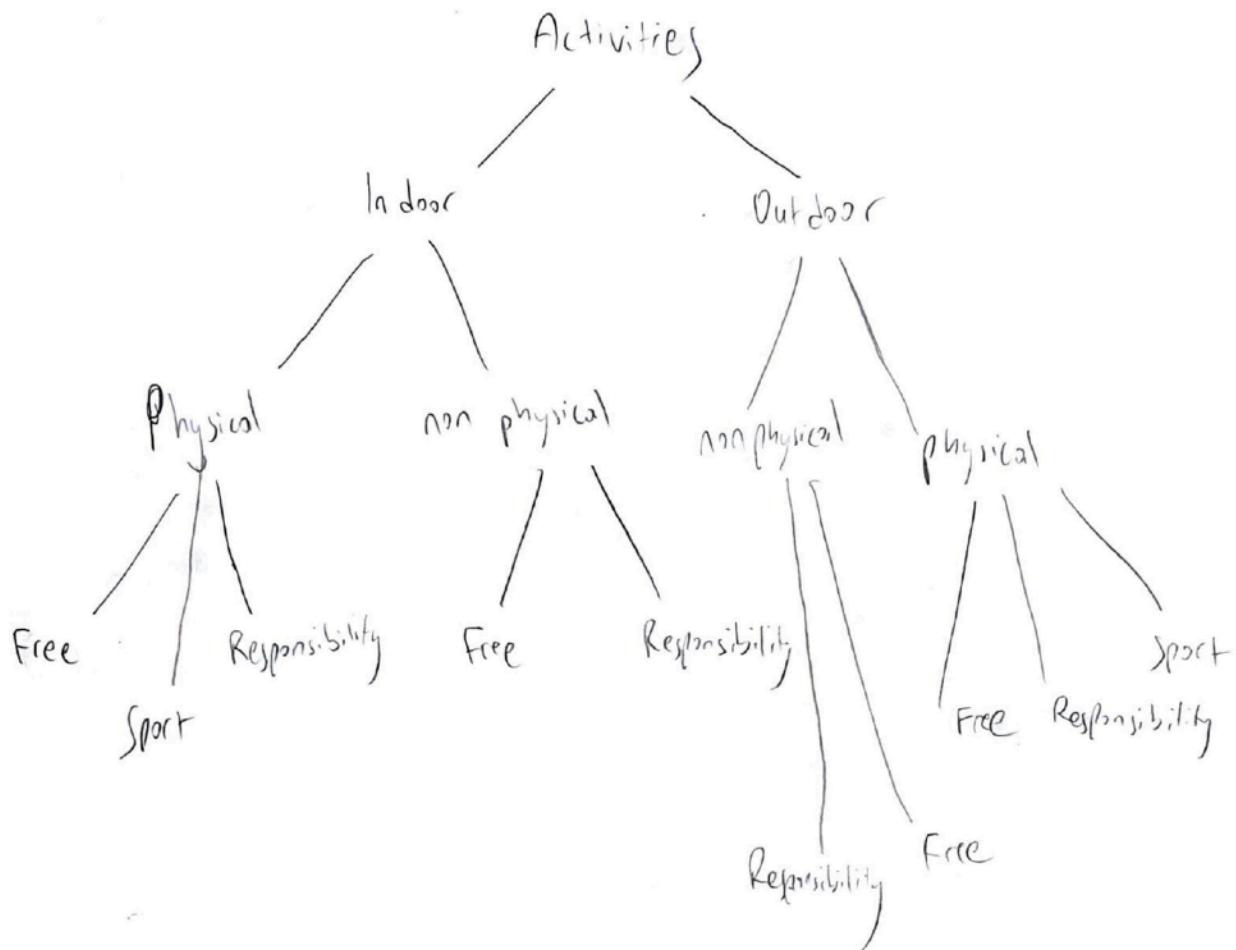
The screenshot shows the Firebase Cloud Firestore interface for a project named 'va325'. The left sidebar contains navigation links for Project Overview, Authentication, Firestore Database, Realtime Database, Storage, Hosting, Functions, Machine Learning, Release & Monitor, Crashlytics, Performance, Test Lab, App Distribution, Analytics, Engage, and Extensions. The main area is titled 'Cloud Firestore' and shows a 'Data' tab selected. A header bar includes 'Protect your Cloud Firestore resources from abuse, such as billing fraud or phishing' and 'Configure App Check'. Below this is a message about prototyping with the Local Emulator Suite. The main view displays a hierarchical structure under 'Questions': 'va325-74b23' > 'Questions' > '1f25jrdV1suY0wUiyzJg'. This document contains several fields: 'a: "YES"', 'answer: "YES"', 'b: "NEUTRAL"', 'c: "NO"', and 'question: "If you could, would you skip this day?"'. At the bottom of the interface, it says 'Cloud Firestore location: eur3 (europe-west)'.

Properties of Activities

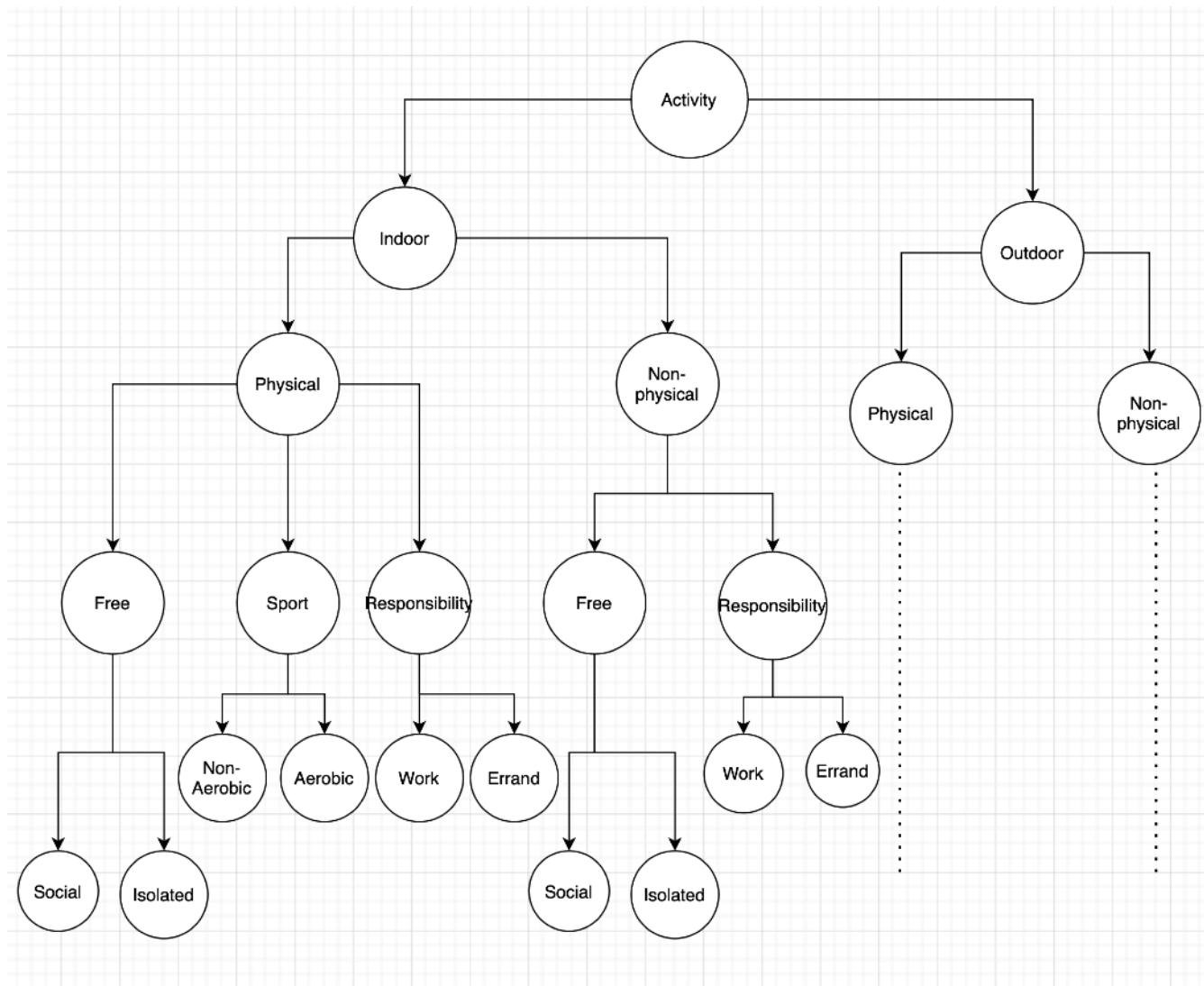
First sketch of mine to come up with a schema for Activities and the attributes of them that covers all possible activities. Users will be tagging their hobbies with these kind of tags so that the app will have better understanding when it comes to

add them in a schedule. Every activity will fall into one of these leaf nodes, so it will be easier to comprehend all possible activities a user can come up with. In addition, these tags will be useful when it is asked user to enter their hobbies.

First sketch



Last version



The Initial Test

Initial test will be a “get to know you” type of test. Users will be taking the test only for once they first open up the app. The data provided here will be evaluated as a reference when the app is generating a schedule. There are 4 main topics under initial testing:

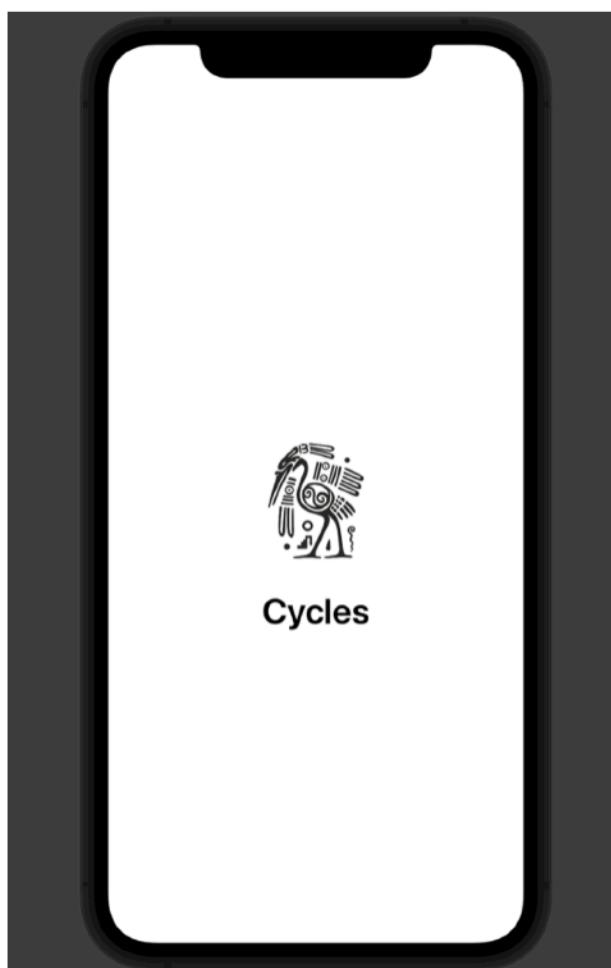
- 1) Hobbies**
- 2) Time Management**
- 3) Duties**
- 4) Social**

Main Theme

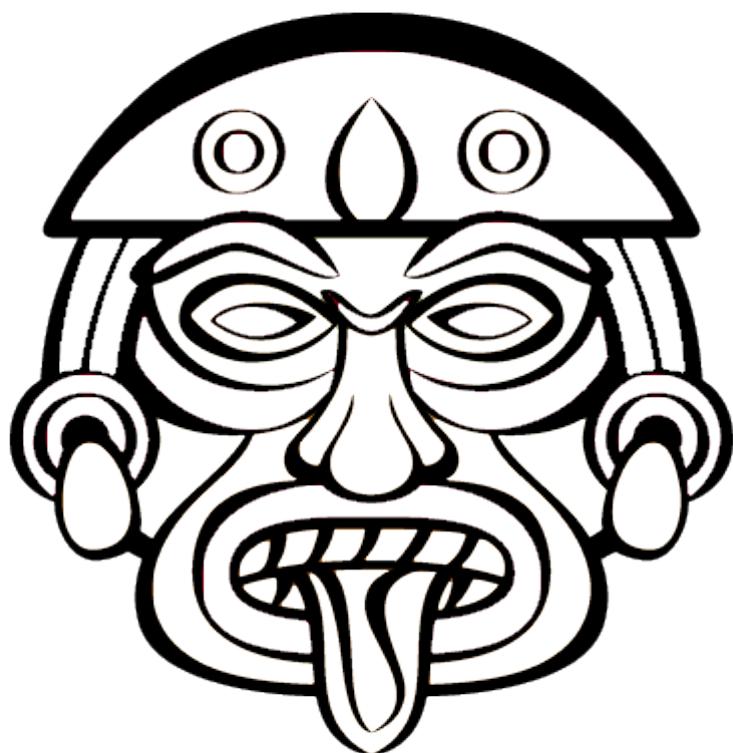
The main visual theme for this project is heavily influenced by the real agendas and magazines. The reason being is that the magazines generally tell people something they don't know or some kind of advice that the readers are interested to buy them. In order to achieve this, all black and white approach to views might be the correct choice. Lack of colors might look a bit boring at first but it refers to the discipline and old agendas that people are already familiar with. The other influence was Aztec / Mayan figures, especially the calendars they developed back in the past. They look mysterious, which is the feeling I look for because the app simply generates you a schedule. Thus they look similar like how the Aztec / Mayan people thought that these calendars were reflecting prophecies.

Logo Attempts

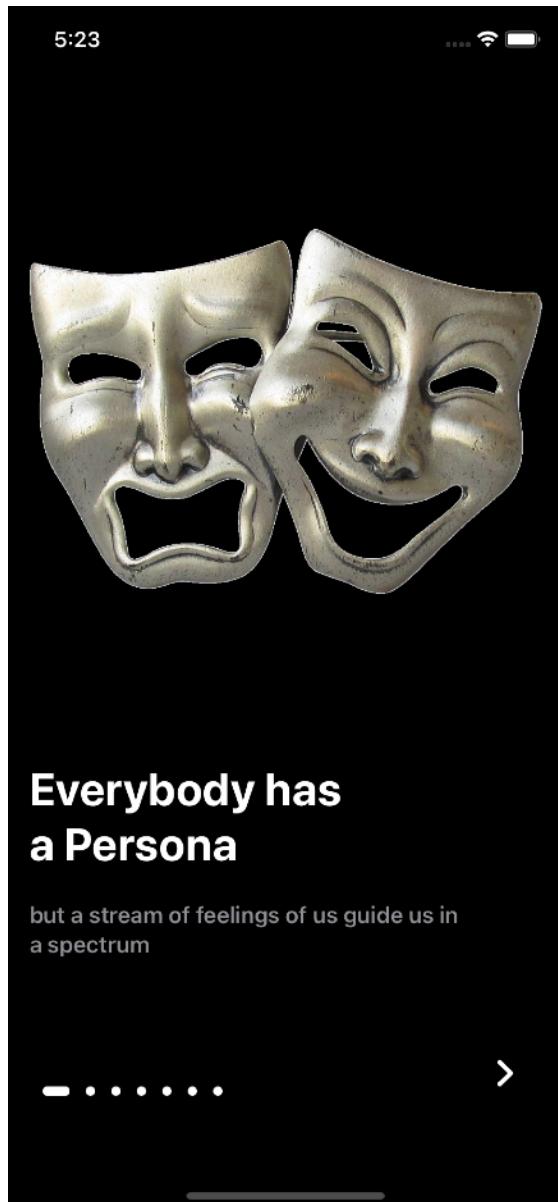


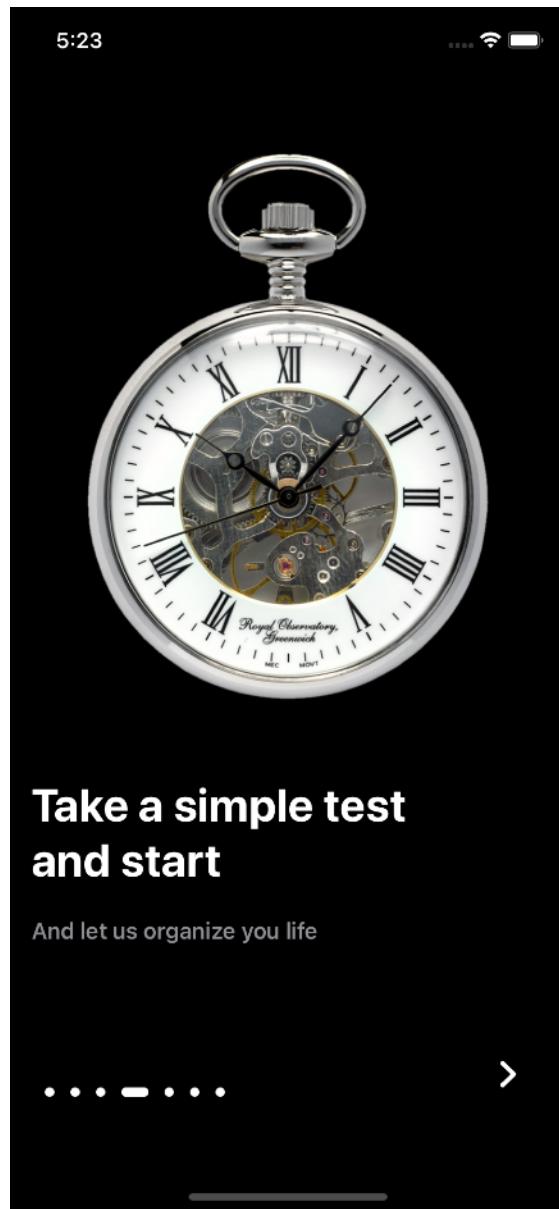
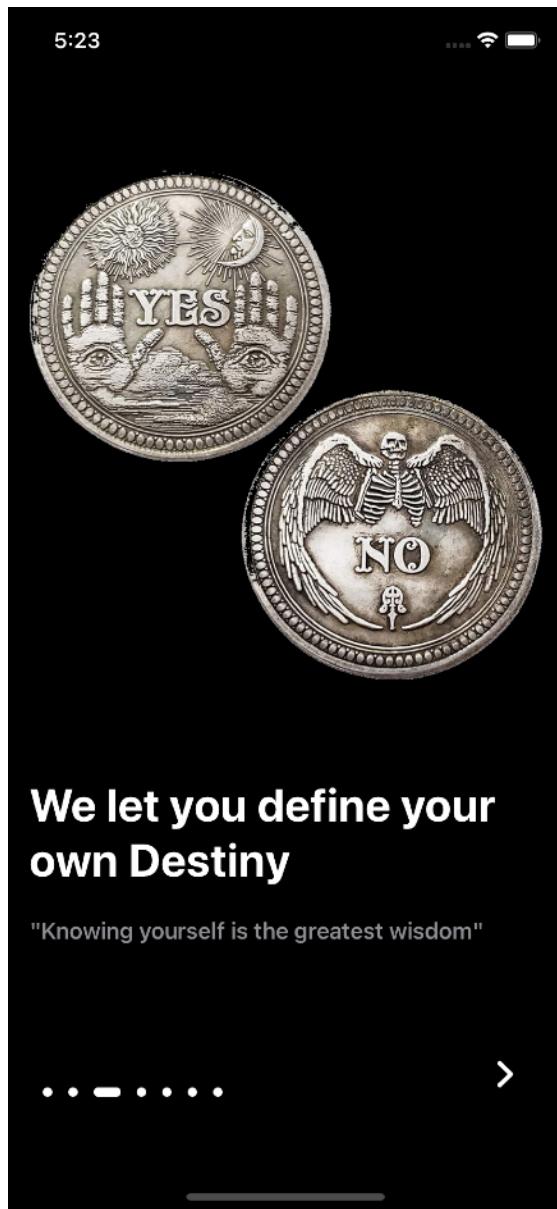


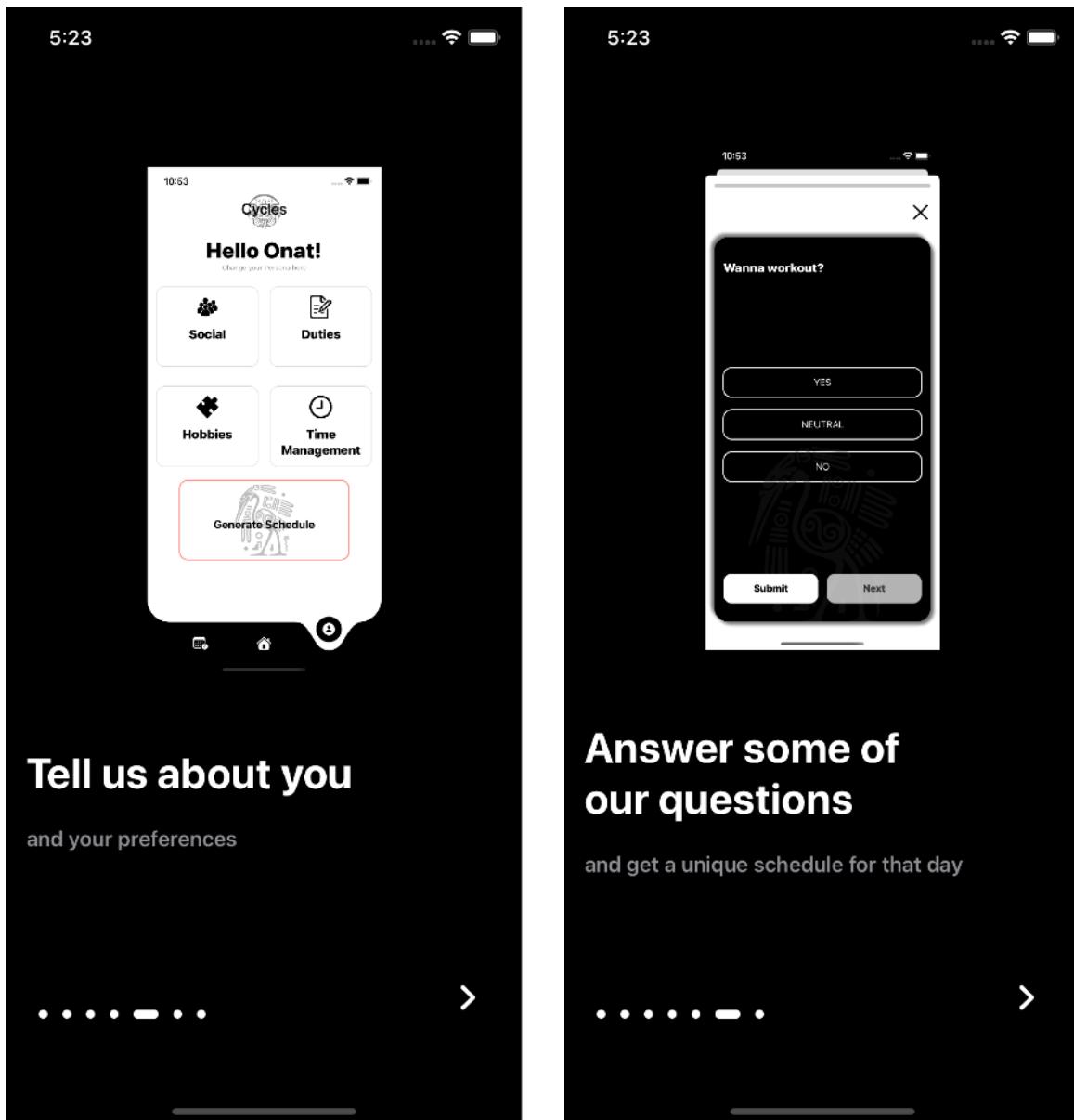
The Final Logo

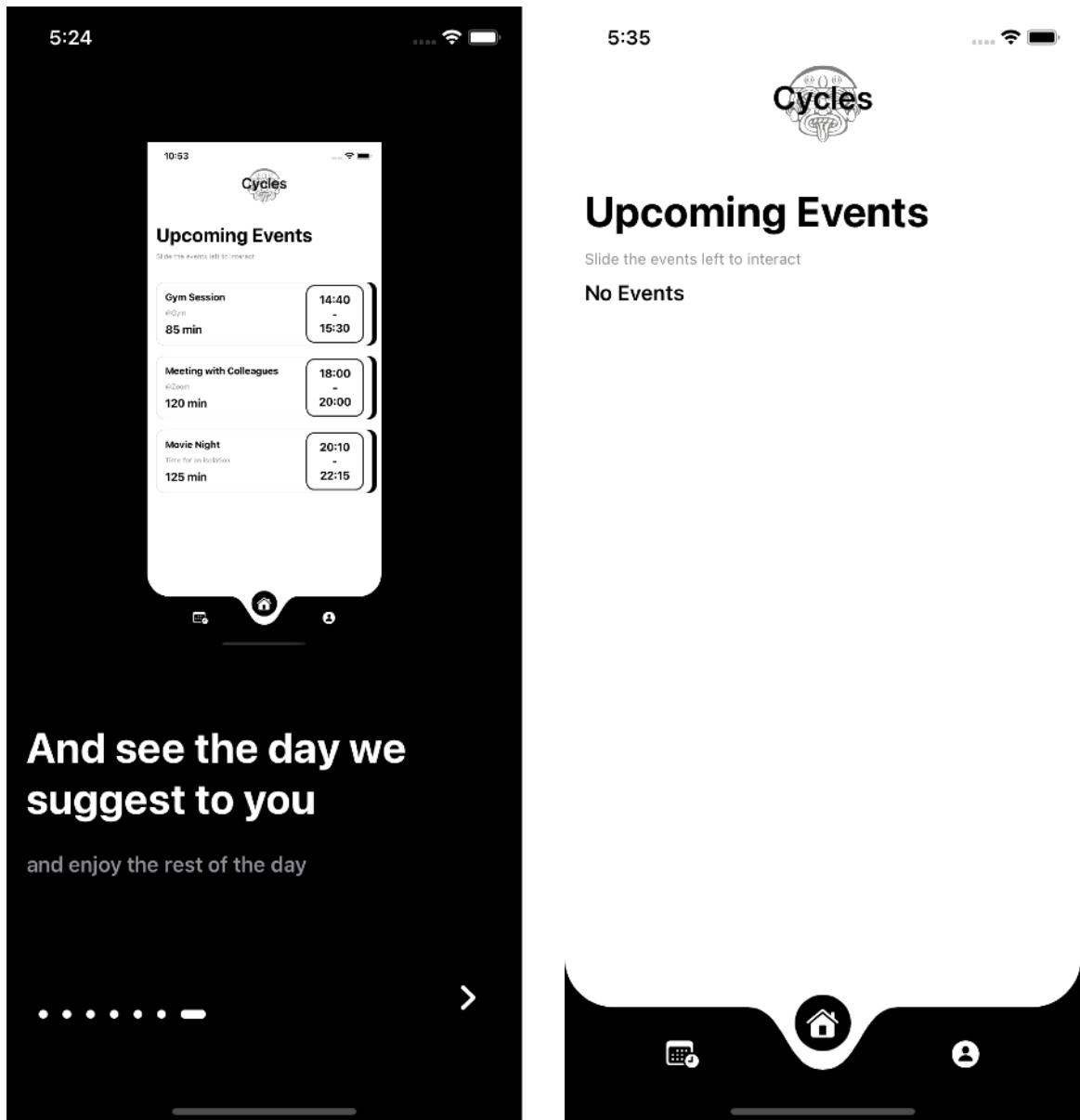


Main Views









5:19

5:19

5:19

5:19



Upcoming Events

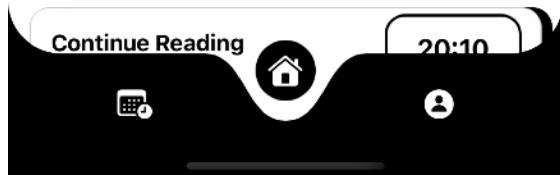
Slide the events left to interact

Gym Session @Gym 85 min	10:20 - 12:30
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Groceries @Home N/A	10:50 - N/A
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Skincare Routine @Home 60min	14:00 - 15:00
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Hangout with Friends @Outside N/A	16:10 - N/A
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Upcoming Events

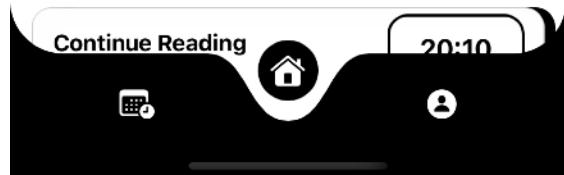
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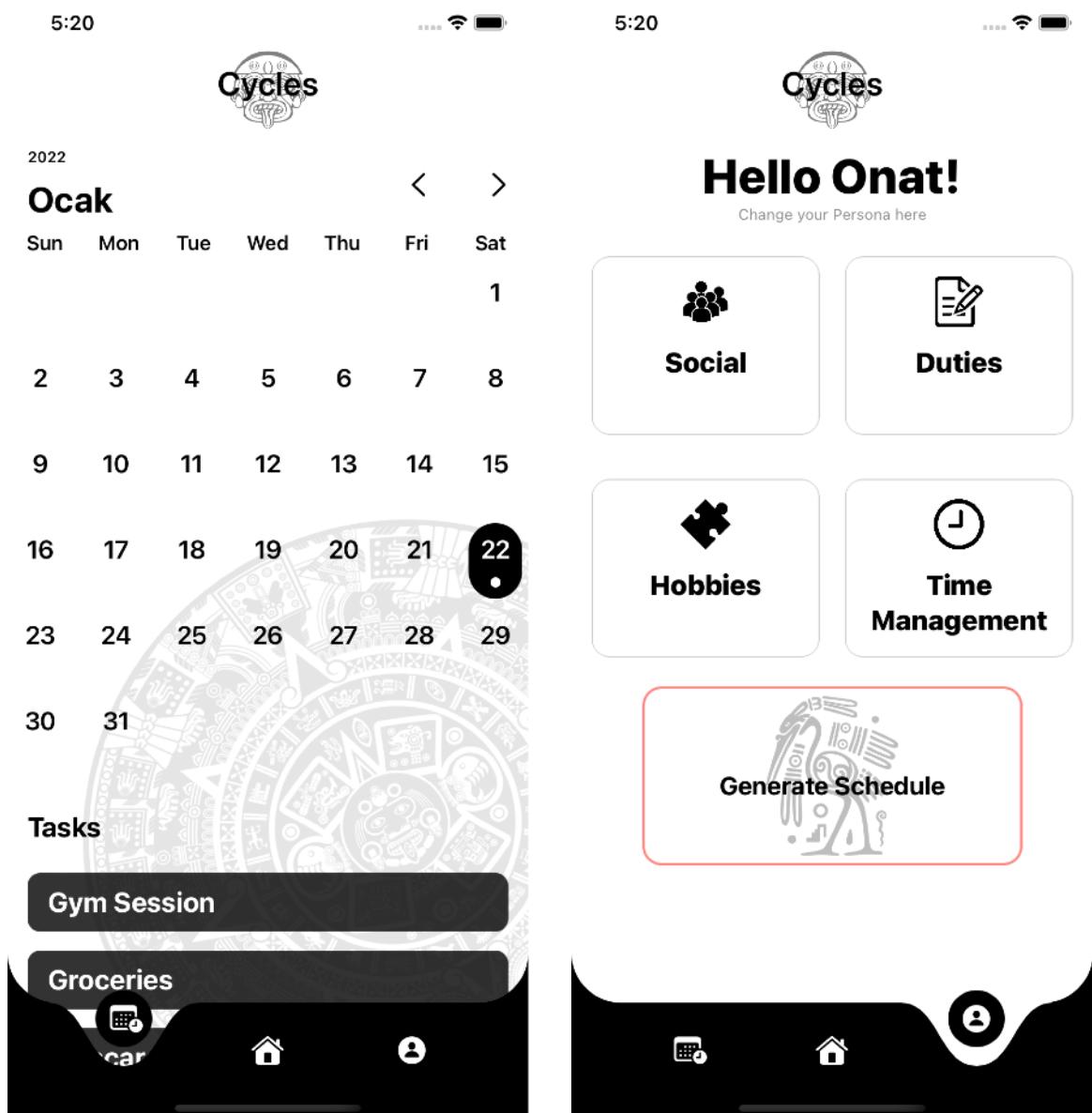
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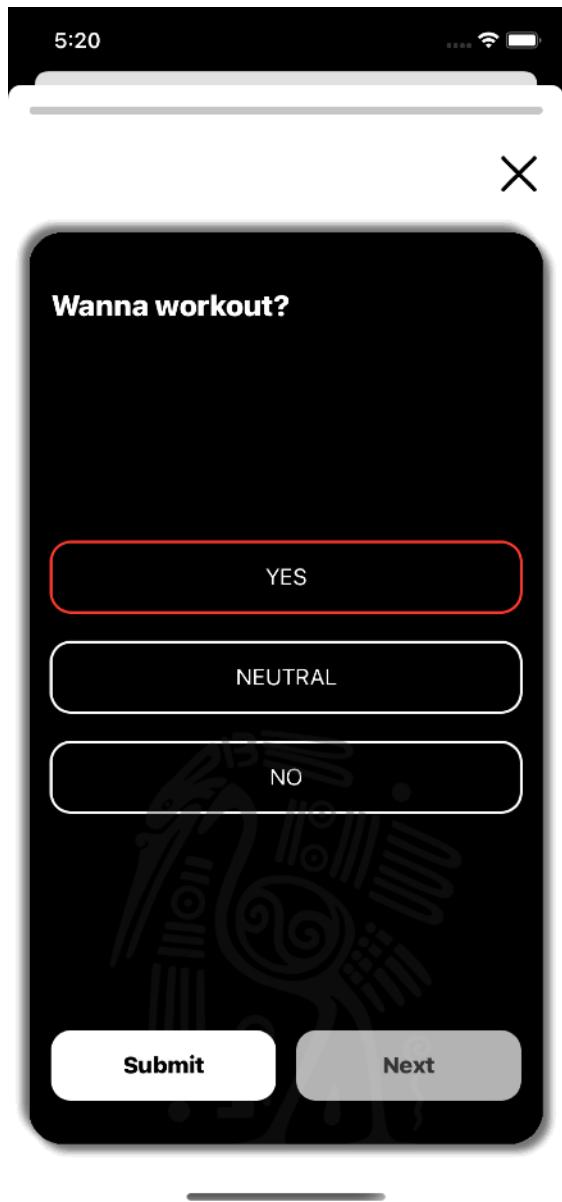
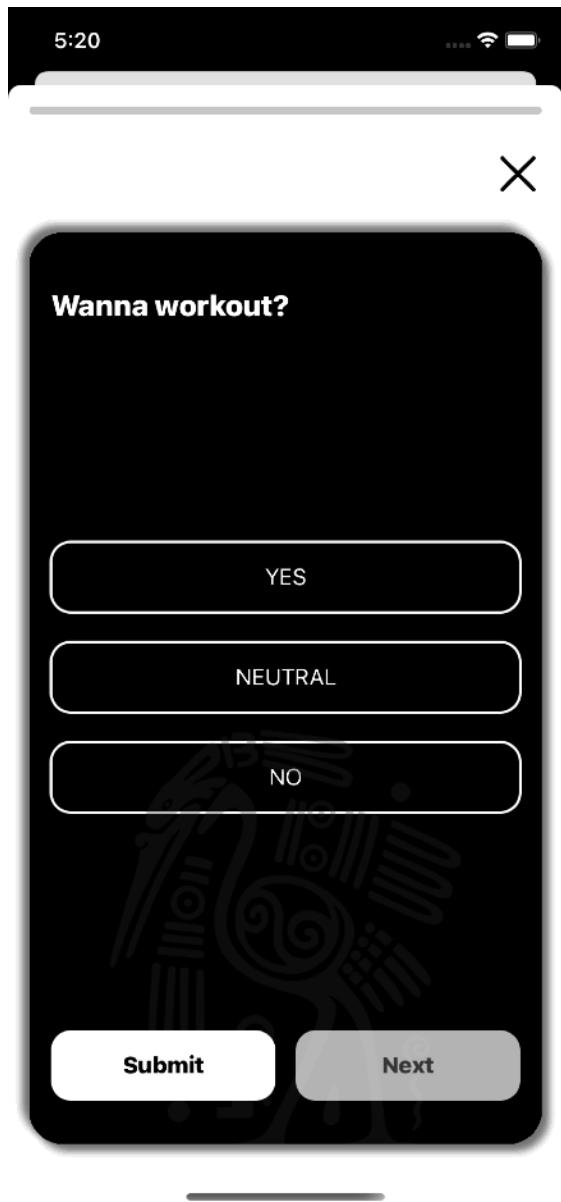
Groceries @Home N/A	10:50 - N/A
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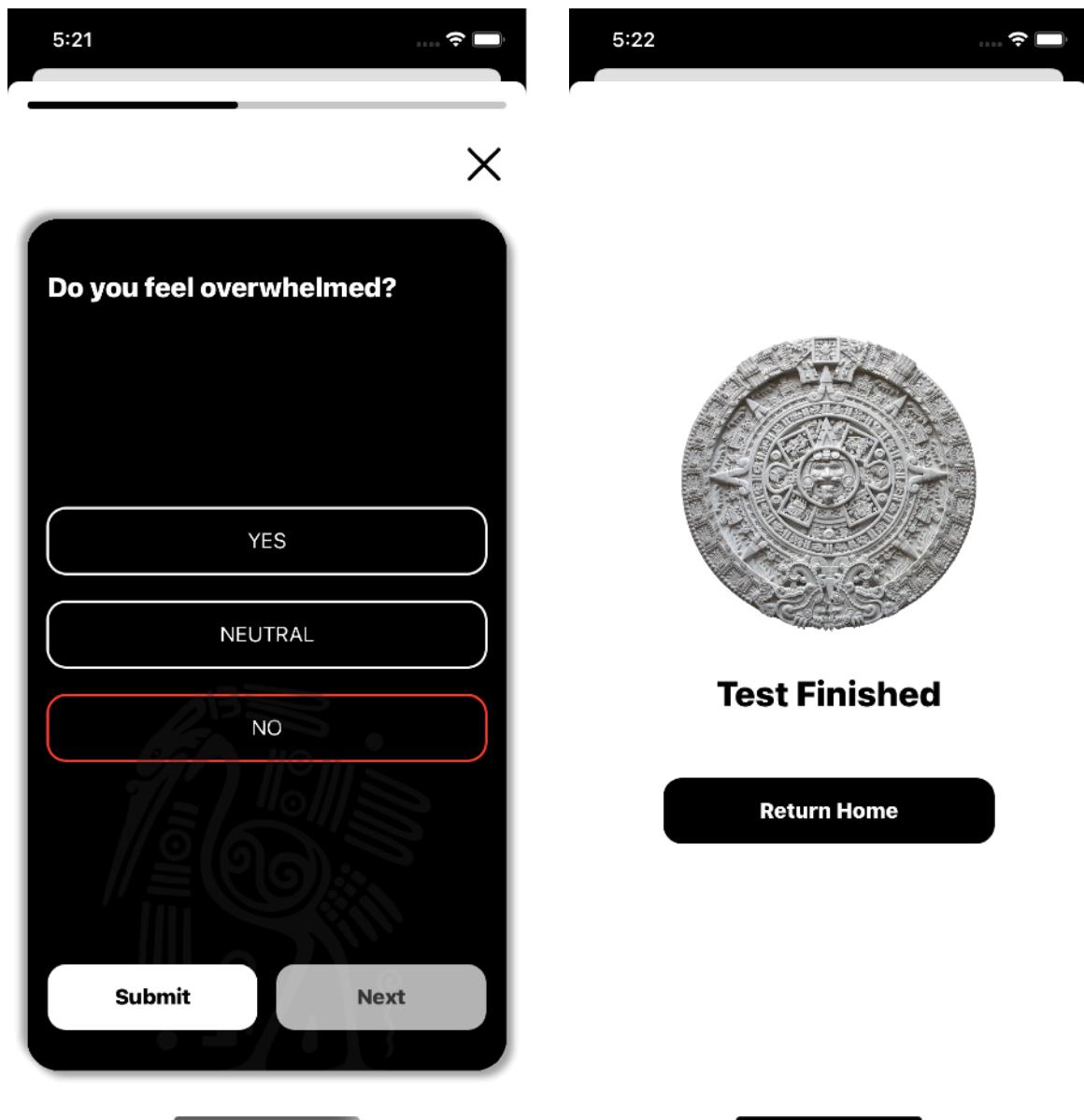
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Hangout with Friends @Outside N/A	16:10 - N/A
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Video Demonstration

www.youtube.com/watch?v=dR8mAN0Jb4 (App overview video)

Also the video is in the zip file as MP4 format