

●●●○○ ABC

07:54 AM



Start the experience

[I already have an account](#)

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## Log in

email

johndoe@me.com

password

\*\*\*\*\*

[I forgot my password](#)

Login

Start the experience

[I already have an account](#)

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## Reset password

email

john.doe@me.com

date of birth

06/01/1995

Send email

Start the experience

[I already have an account](#)

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## Reset password

Your new password has been sent to johndoe@me.com. You should receive it in a few minutes.

Okay

Start the experience

[I already have an account](#)

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Welcome to <APP>

email

johndoe@me.com

password

\*\*\*\*\*

confirm password

\*\*\*\*\*

☒ I agree the [terms & conditions](#)

Register



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## Terms and conditions



The use of this application is subject to the following terms of use:

- Metuentes igitur idem latrones Lycaoniam magna parte campestem cum se in pares nostris fore congressione stataria documentis.
- Et prima post Osdroenam quam, ut dictum est, ab hac descriptione discrevimus.
- Ego vero sic intellego, Patres conscripti, nos hoc tempore in provinciis decernendis perpetuae

Okay

●●●○○ ABC

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How would you describe  
your daily worklife?



Completely  
overwhelming



Quite  
stressful



Normal



Fairly  
relaxed



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You are interested in ...



Art & Music



Science



History



Finance



Literature



Economy

Next



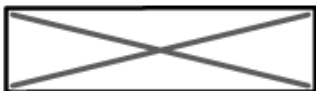


●●●○○ ABC

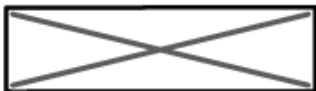
07:54 AM



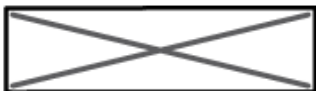
Your motivation is to ...



Increase my happiness level



Daily stress reduction



Delay long-term gratification



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**Congratulations!**  
Profile established  
successfully!



See my daily tasks

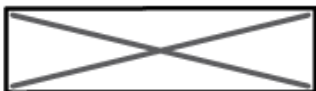


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## Daily improvement suggestions



Game: smile contest



Activity: personal coach



Video: Breathing exercise



Suggestions



Progress



My log



Settings

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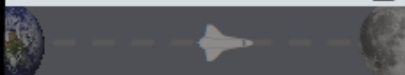


◀ Back



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## Smile contest *game*

**How to play:** Smile to collect stars! Match as many face frames as you can in limited time!



 10 seconds

« Not now

► Start

Video: Breathing exercise



Suggestions



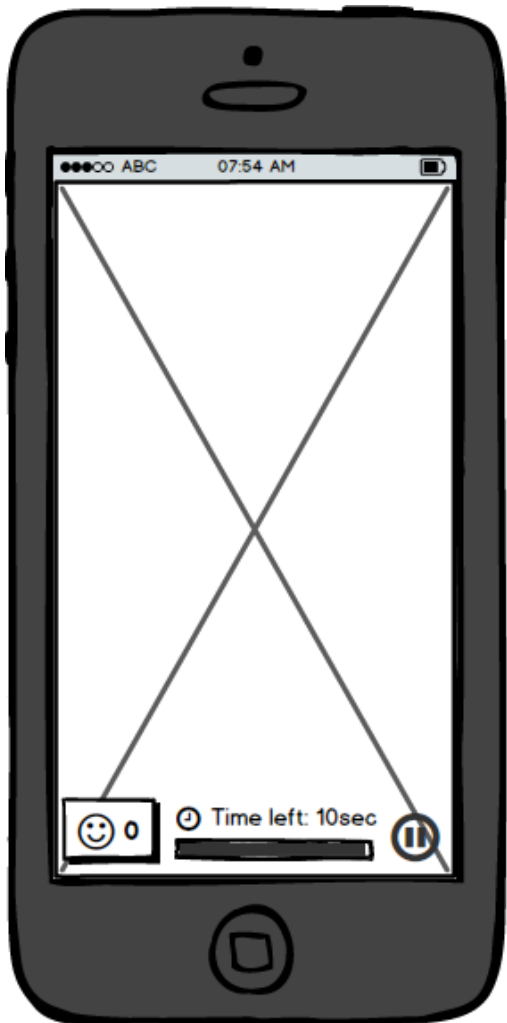
Progress

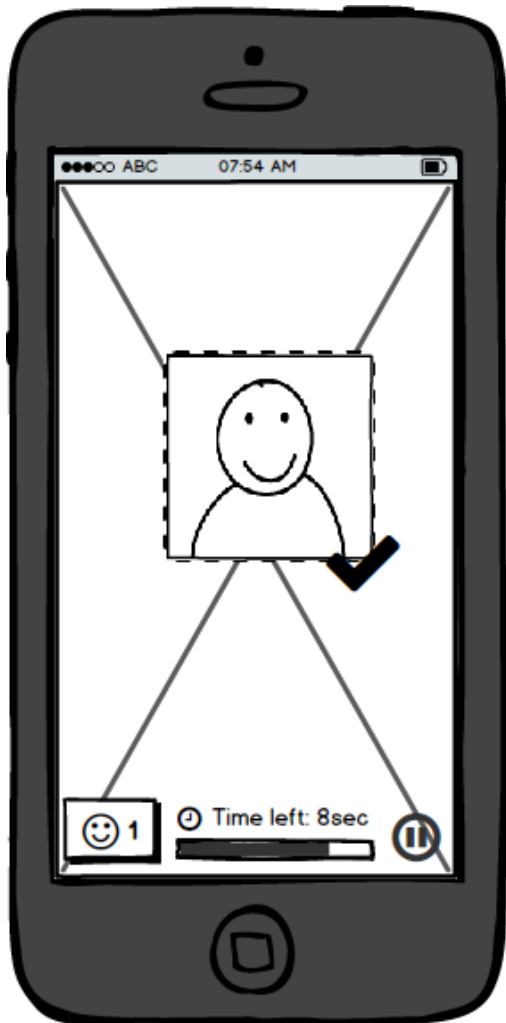


My log



Settings





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Resume Game

Restart

Quit



1



Time left: 8sec





●●●● ABC

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# Smile contest

✓ Congratulations!



😊 5 smiles today



Continue  
smiling

» Next

Share on:



5

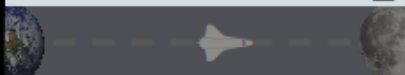


Time's up



●●●● ABC

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## Smile contest *game*

**How to play:** Smile to collect stars! Match as many face frames as you can in limited time!



😊 5 smiles today

« Not now

▶ Continue smiling

Video: Breathing exercise



Suggestions



Progress



My log



Settings



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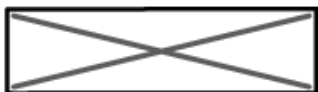
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## Daily improvement suggestions



Game: smile contest



Activity: personal coach



Video: Breathing exercise



Suggestions



Progress



My log



Settings

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## Personal coach *activity*

**How to play:** Follow the instruction of your personal coach to collect stars.



 5 minutes

« Not now

► Start

Video: Breathing exercise



Suggestions



Progress



My log



Settings

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Session left: 3/6



JUMPING JACKS



●●●○○ ABC

07:54 AM



Session left: 3/6



Resume Game

Restart

Quit

JUMPING JACKS



●●●○○ ABC

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Session left: 0/6



**Congratulations**

How difficult did you  
find the exercises?

Hard

Ok

Easy

JUMPING JACKS

26

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Session left: 0/6



# Personal coach

✓ Congratulations!



 6 sessions today



Continue  
exercising

» Next

Share on:



26



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## Personal coach *activity*

**How to play:** Follow the instruction of your personal coach to collect stars.



 6 sessions today

« Not now

▶ Continue exercising

Video: Breathing exercise



Suggestions



Progress



My log



Settings



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## Daily improvement suggestions



Game: smile contest



Activity: personal coach



Video: Breathing exercise



Suggestions



Progress



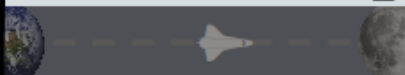
My log



Settings

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## Breathing exercise *video*

**Content:** You personal life coach  
will teach you breathing  
techniques to reduce stress.



 3 minutes

« Not now

► Start

Video: Breathing exercise



Suggestions



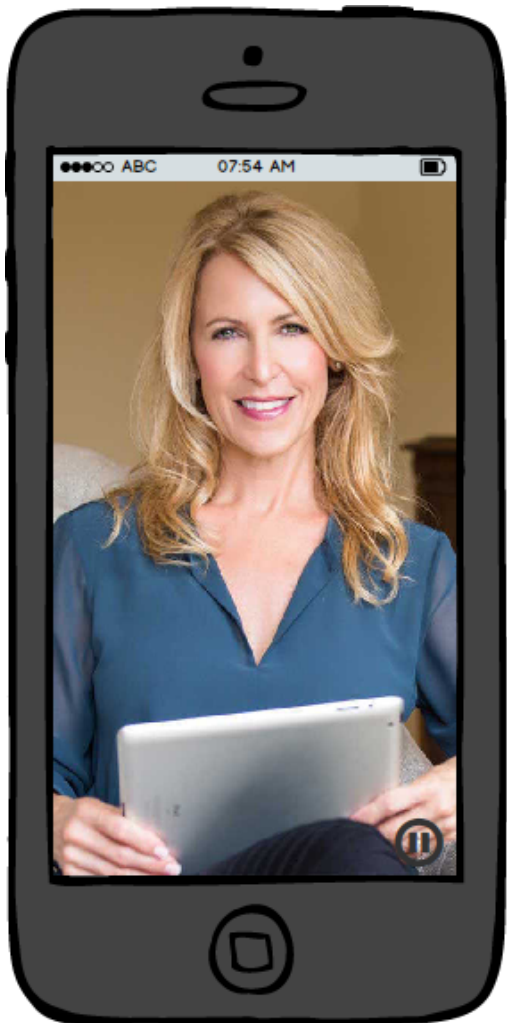
Progress



My log



Settings



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Resume Game

Restart

Quit



●●●○○ ABC

07:55 AM



### Couch share

After watching the video,  
please evaluate the level of  
your current state of mind.

I feel better



I found the advice helpful



It doesn't work for me



I want something else



OK

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## Breathing exercise

✓ Congratulations!



3 minutes today



Watch  
again

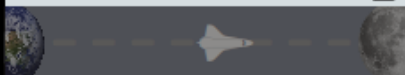
» Finish

Share on:



●●●● ABC


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## Breathing exercise *video*

**How to play:** Follow the instruction of your personal coach to collect stars.



 3 minutes today

« Not now

▶ Watch again

Video: Breathing exercise



Suggestions



Progress



My log



Settings



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## Daily improvement suggestions



Game: smile contest



Activity: personal coach



Video: Breathing exercise



Suggestions



Progress



My log



Settings



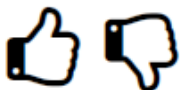
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Daily improvement

Rate our application  
Help us improve your experience



Add a  
comment

» Send

Share on:



Video: Breathing exercise



Suggestions



Progress



My log



Settings



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Daily improvement

Rate our application

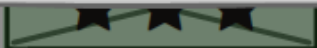
Help us improve your experience



Add a  
comment

» Send

Share on:



Video: Breathing exercise



Suggestions



Progress



My log



Settings



●●●● ABC

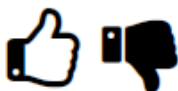
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Daily improvement

Rate our application

Help us improve your experience



Add a  
comment

» Send

Share on:



Video: Breathing exercise



Suggestions



Progress



My log



Settings



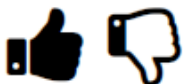
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## Rate our application

Help us improve your experience



Comment

Really motivating application!

Cancel

» Send

Share on:



Suggestions



Progress



My log



Settings



●●●● ABC

07:55 AM



## Rate our application

Help us improve your experience



Comment

Maybe more game exercises  
could be nice

Cancel

» Send

Share on:



Suggestions



Progress



My log



Settings

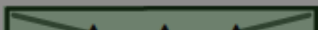


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## Daily improvement suggestions



# Thank you!

Your opinion is very valuable

Okay

Activity: personal coach



Video: Breathing exercise



Suggestions



Progress



My log



Settings




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History

Statistics

 Tasks finished: 7

★ Total stars earned: 18

Breathing exercise

Video



Personal coach

Activity



Smile contest

Game



Smile contest



Suggestions



Progress



My log



Settings



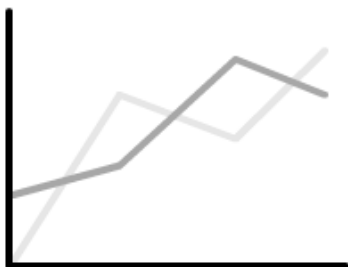
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History

Statistics



Day

Week

Month

Lifetime



Suggestions



Progress



My log




Settings

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## Settings

 Change today's list

Daily notifications




Weekly email digest





Sounds




 Edit profile



 Log out

 About us



 Help



Suggestions



Progress



My log



Settings

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< Back



Profile

Firstname	John
-----------	------


Lastname	Doe
----------	-----

Date of birth	06/01/1995
---------------	------------

Email	johndoe@me.com
-------	----------------

Change password	>
-----------------	---

Edit preferences	>
------------------	---

 Delete account
--



Suggestions



Progress



My log



Settings

●●●● ABC

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< Back



Profile

Firstname	John
-----------	------

Lastname	Doe
----------	-----

Date of birth	06/01/1995
---------------	------------

Done

4	October	1992
---	---------	------

4	November	1993
---	----------	------

5	December	1994
---	----------	------

6	January	1995
---	---------	------

7	February	1996
---	----------	------

8	March	1997
---	-------	------

9	April	1998
---	-------	------