

Week Eight: Creating Storyboards to Represent User Flow for a Mobile App Using Balsamiq

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Aim

To create storyboards representing the user flow for a mobile app - “Calmind: Guided Meditation App”, using Balsamiq.

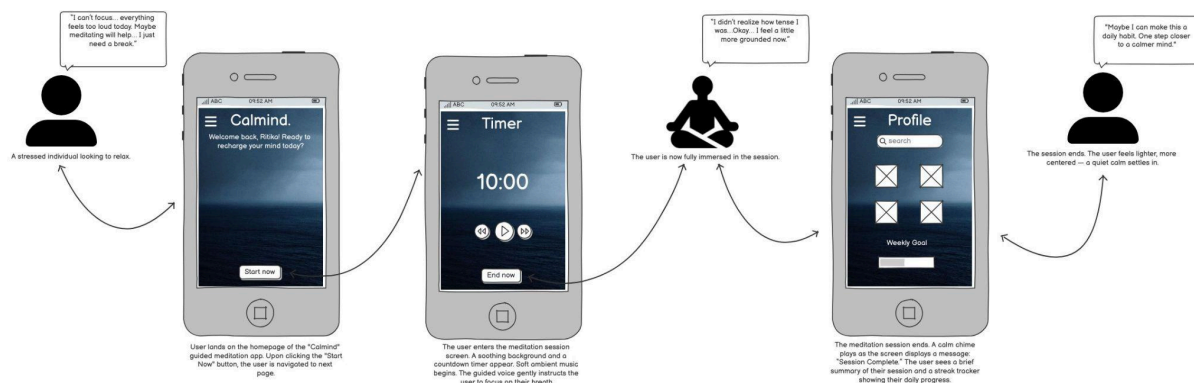
Procedure

- 1. Download Balsamiq:**
Go to balsamiq.com and install the tool.
 - 2. Plan the App Flow:**
Think about the main screens your app need.
 - 3. Open Balsamiq & Start a Project:**
Create a new project to begin designing.
 - 4. Add Screens:**
Use the “+” button to add wireframes for each screen.
 - 5. Design Each Screen:**
Drag and drop elements like buttons, images, and text boxes.
 - 6. Connect the Flow:**
Arrange the screens in order and use arrows to show how the user moves from one screen to another.
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Storyboard

This storyboard visually represents a stressed individual's user flow and emotional journey using *Calmind*, a guided meditation mobile application. The app is designed to help users manage stress, improve focus, and build a consistent mindfulness habit through simple and calming guided sessions.

The storyboard is divided into four key screens, each reflecting the user interface and the internal thoughts and emotional shifts the user experiences at every stage.



1. User Entry Point – A Stressed Individual

The journey begins with a user who is feeling overwhelmed and mentally exhausted. The user icon represents someone seeking relief from daily stressors. Internally, the user thinks:

"I can't focus... everything feels too loud today. Maybe meditating will help... I just need a break."

2. Screen 1: Home / Welcome Page

Upon launching Calmind, the user is greeted with a serene visual background and a calming welcome message:

"Welcome back, Ritika! Ready to recharge your mind today?"

The interface includes a single, clear call-to-action — the "Start Now" button — encouraging the user to begin their session without distractions.

3. Screen 2: Meditation Session / Timer

After clicking "Start Now", the user is taken to the meditation screen. A countdown timer is shown alongside play, pause, and end buttons. The screen is paired with ambient music and a guided voice that gently leads the user through a mindfulness routine.

The user is now fully immersed in the session, thinking:

"I didn't realise how tense I was... Okay... I feel a little more grounded now."

4. Screen 3: Progress / Completion

When the session ends, a soft chime plays and the screen displays a summary:

"Session Complete." The user sees their progress and a streak tracker, reinforcing the value of consistency. At this stage, the user feels a noticeable improvement in their mental state and thinks:

"Maybe I can make this a daily habit. One step closer to a calmer mind."

The final caption summarises this transformation: **"The session ends. The user feels lighter, more centred — a quiet calm settles in."**

Conclusion

This storyboard illustrates not just an app interface, but the emotional transition of the user from anxiety to calm. *Calmind* aims to provide an intuitive, welcoming, and peaceful experience that supports mental wellness. Each screen is carefully designed to be user-friendly and emotionally supportive, guiding the user toward greater mindfulness with every session.
