

### 2024 – Lab Exam 02 - Report

Forward – Stress Management App  
SASHINI SEWWANDI – IT22304810

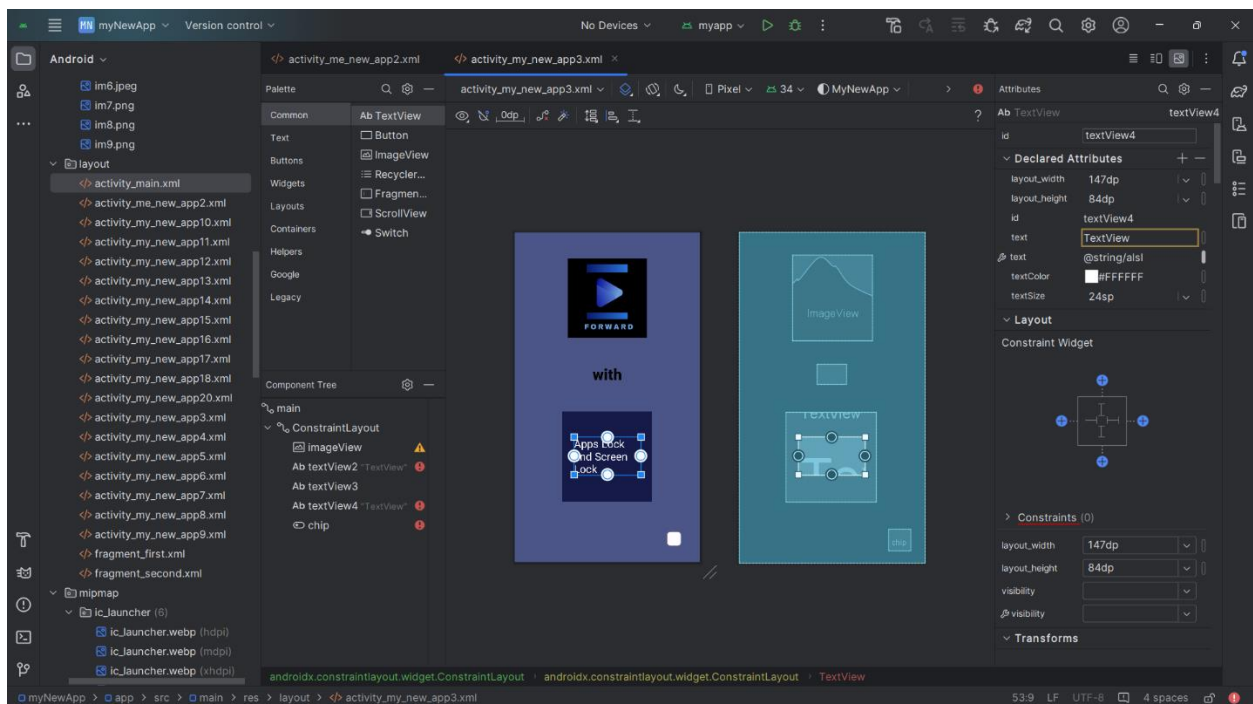
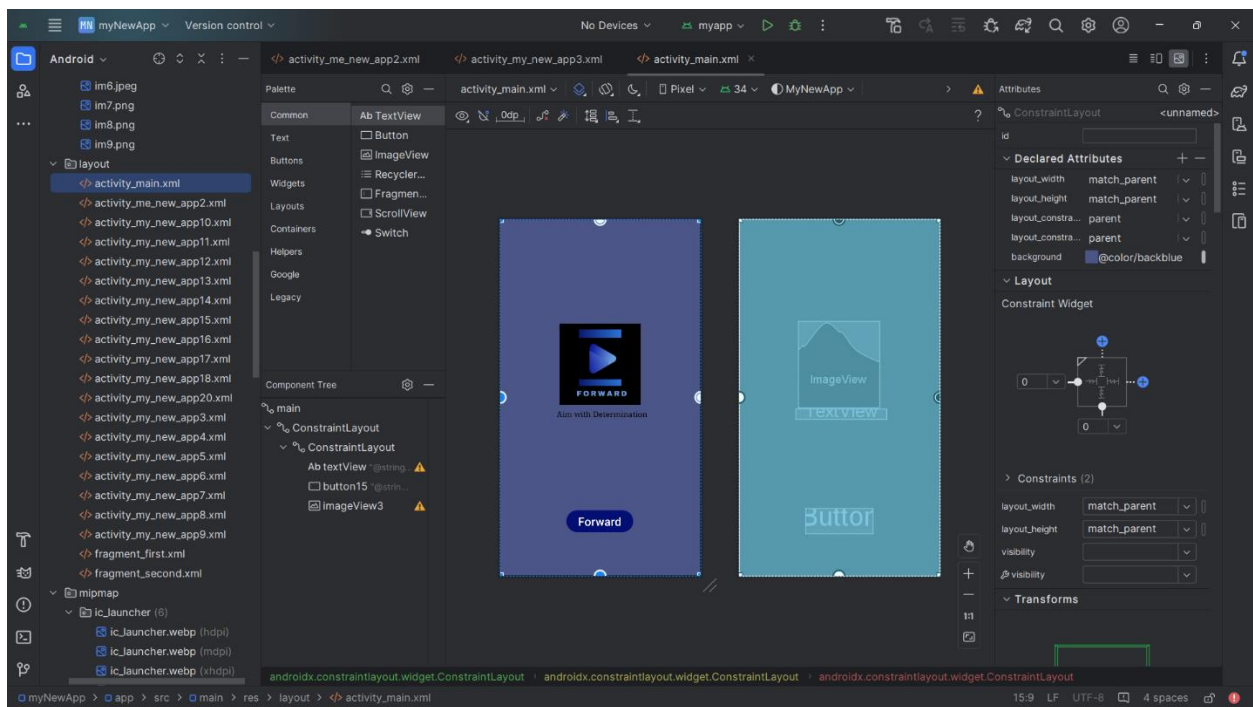
Student ID	IT22304810
Batch	Y2.S2.WE.03.01
Marks	
1. Ideation (2 Marks)	
2. Applying “60-30-10 rule” when deciding the colors. (2 Marks)	
3. Selecting suitable layouts (2 Marks)	
4. Using proper views for the user interface (2 Marks)	
5. Creativity (1 Mark)	
Total: 10 Marks	
Evaluator	

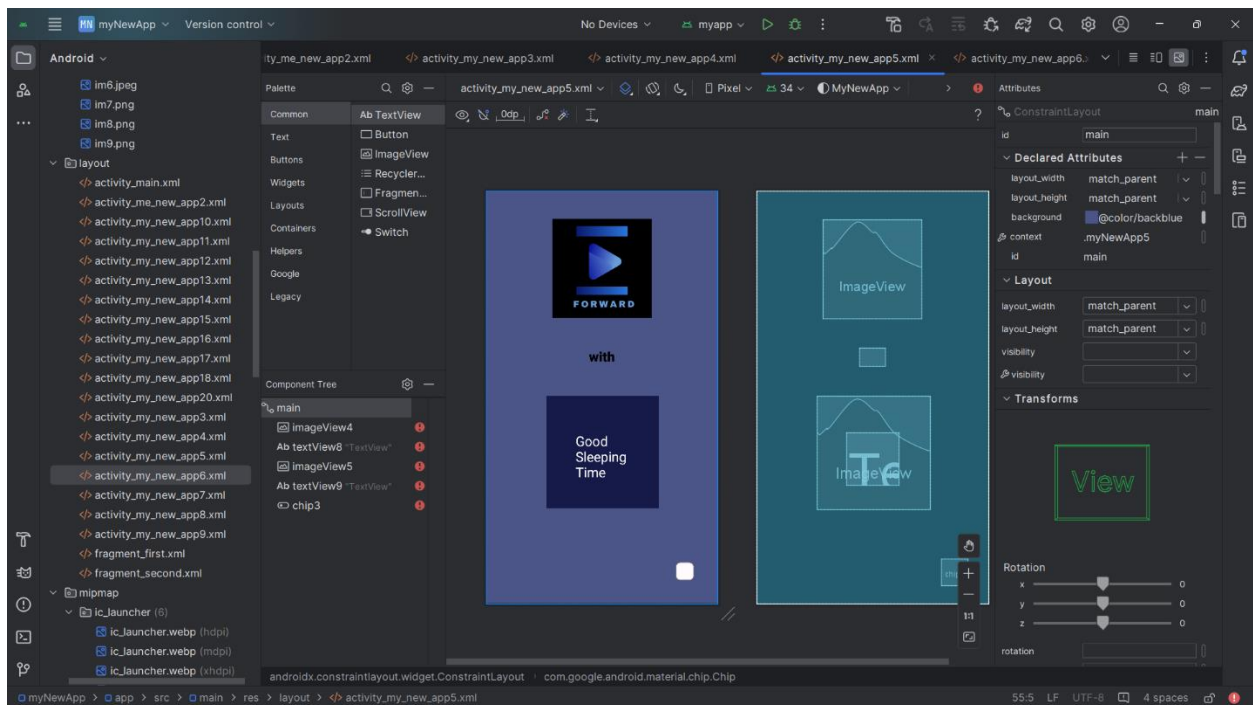
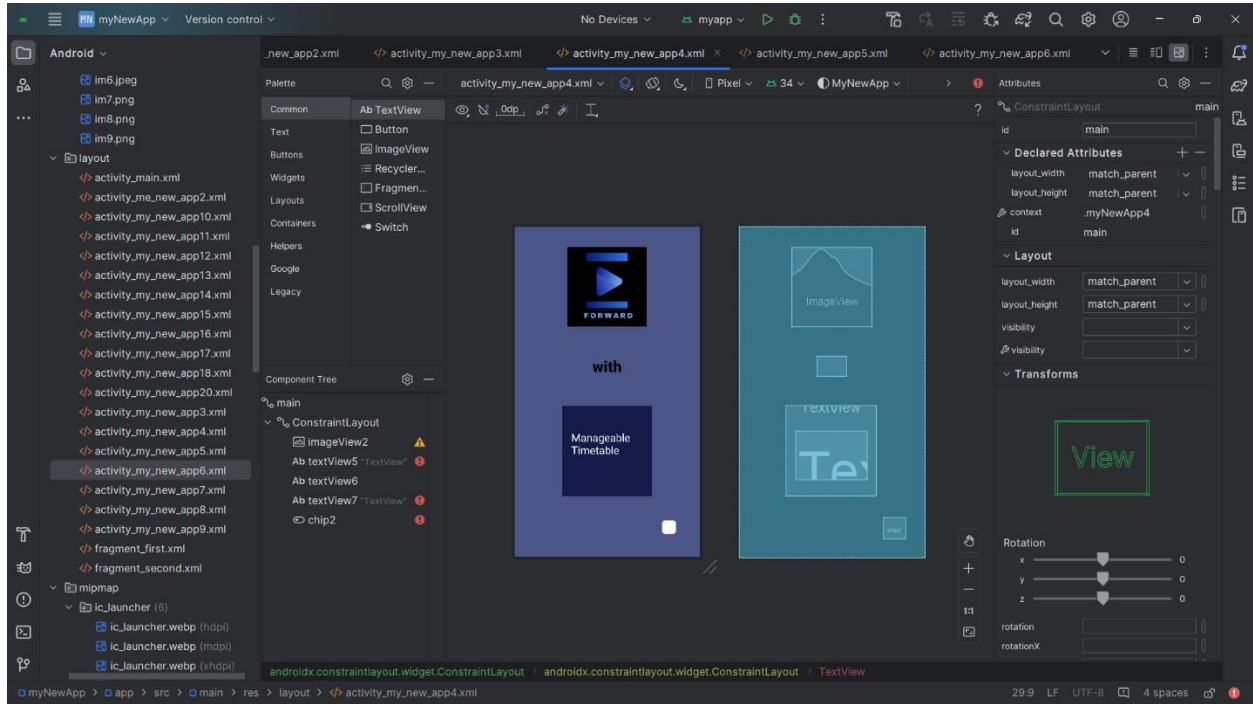
## **Description:**

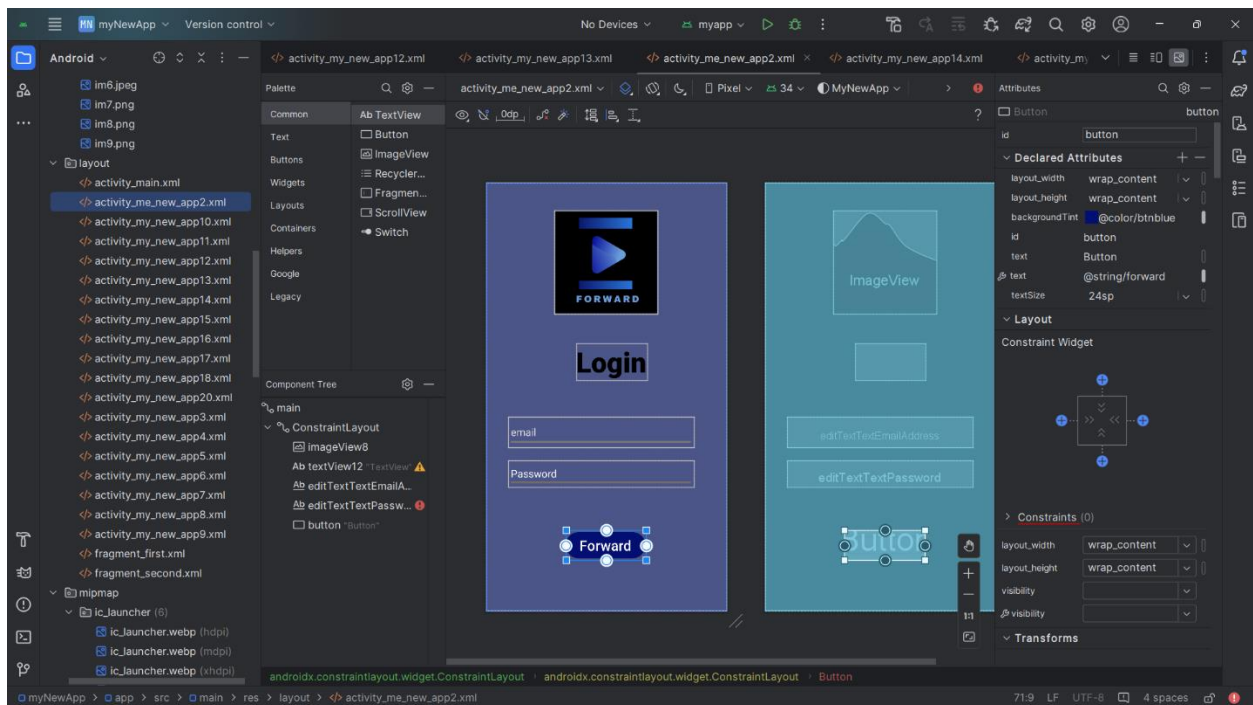
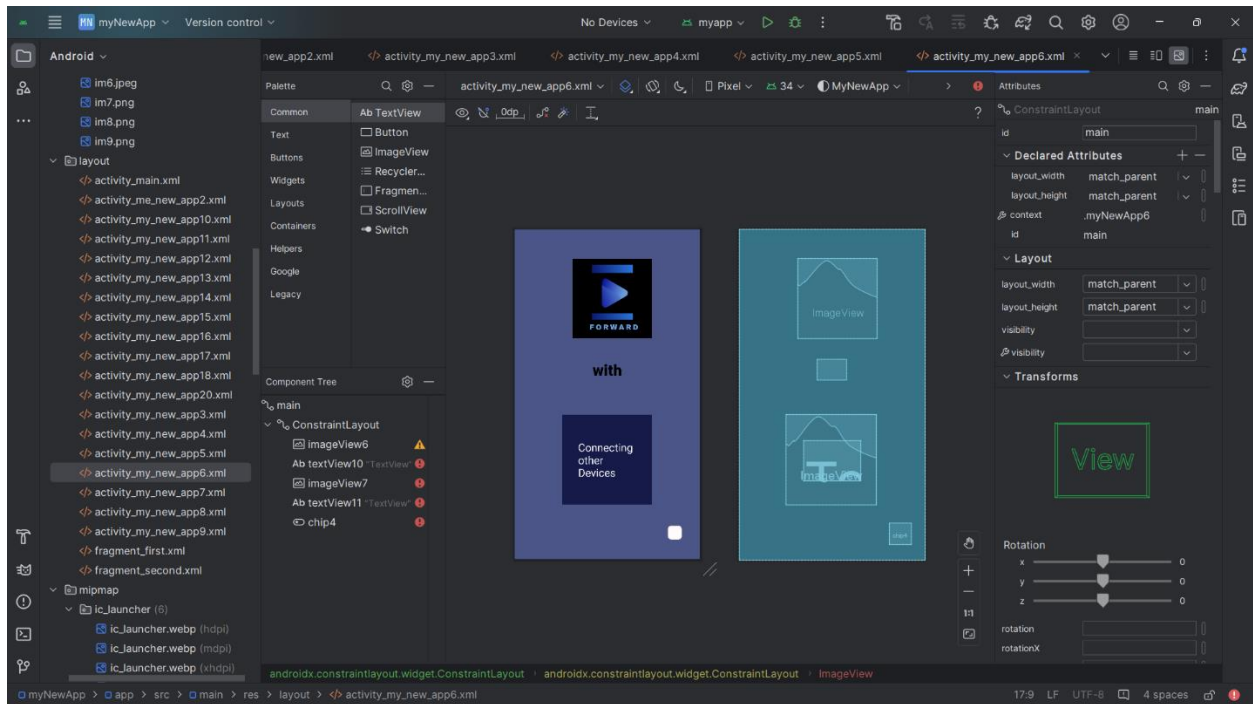
The dynamic software "Forward" was carefully developed to support students in their everyday attempts. With a soothing blue color scheme that denotes comfort and reduction of tension, the app is a committed partner in encouraging concentrated learning and productive daily tasks. "Forward" is a comprehensive solution for students looking for balance, including a wide range of features like screen time management, app and screen locks, timetable organizing, meditations, relaxing music, bedtime reminders, and thought-provoking blogs.

A user-friendly experience is ensured by the light-colored design, which makes it simple to manage daily duties and navigate with pleasure. Users can access a variety of products that promote well-being and productivity by logging in. As a companion that makes learning easier and provides a route to better time management and a more focused, healthy approach to their academic and career endeavors, "Forward" is more than just an app.

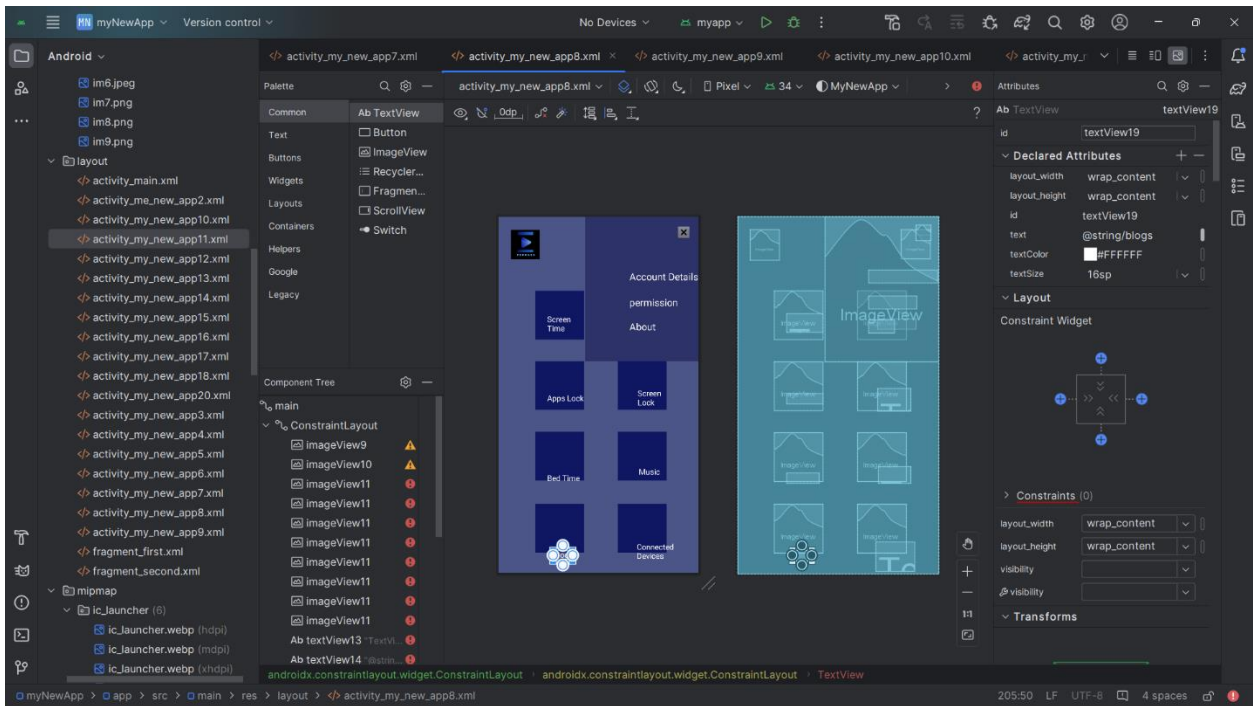
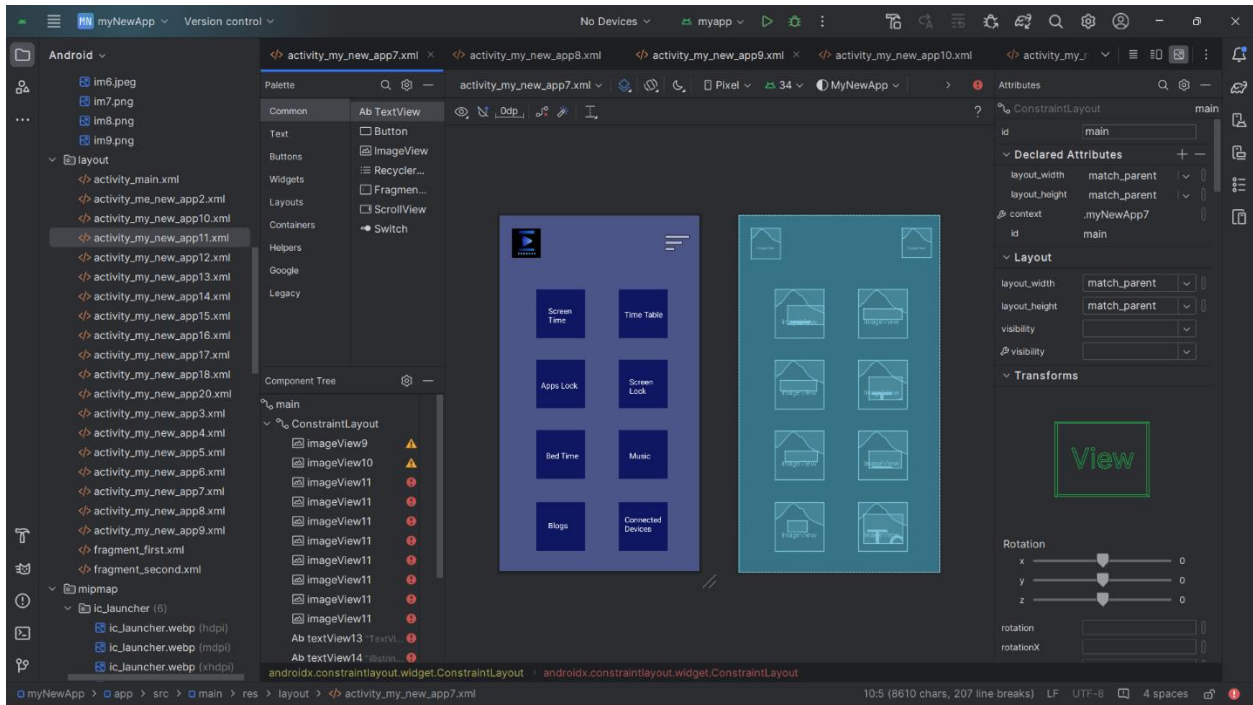
# Screenshots:

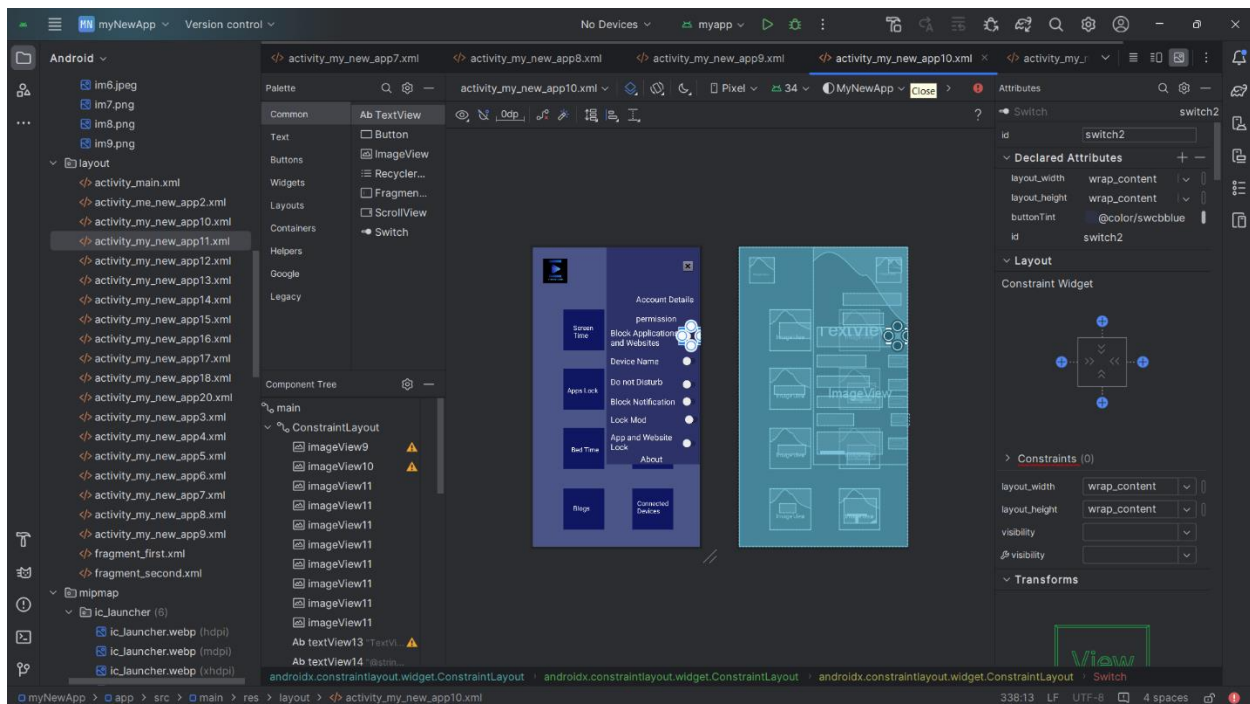
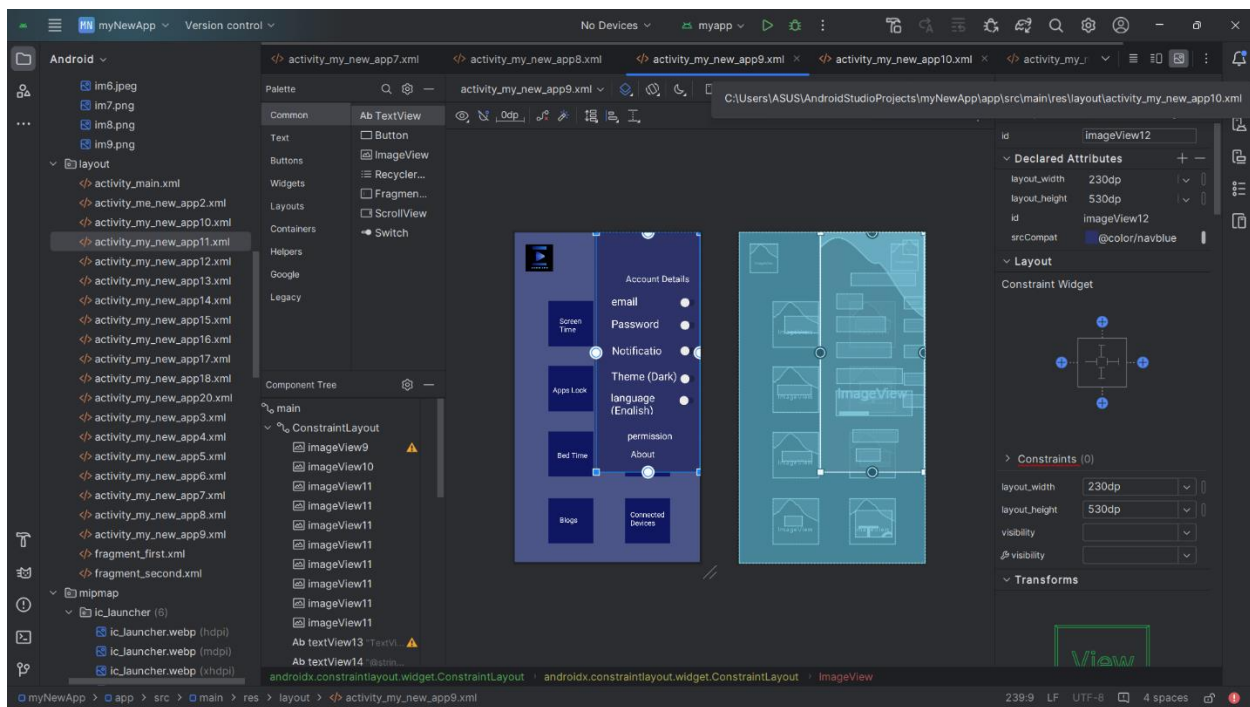


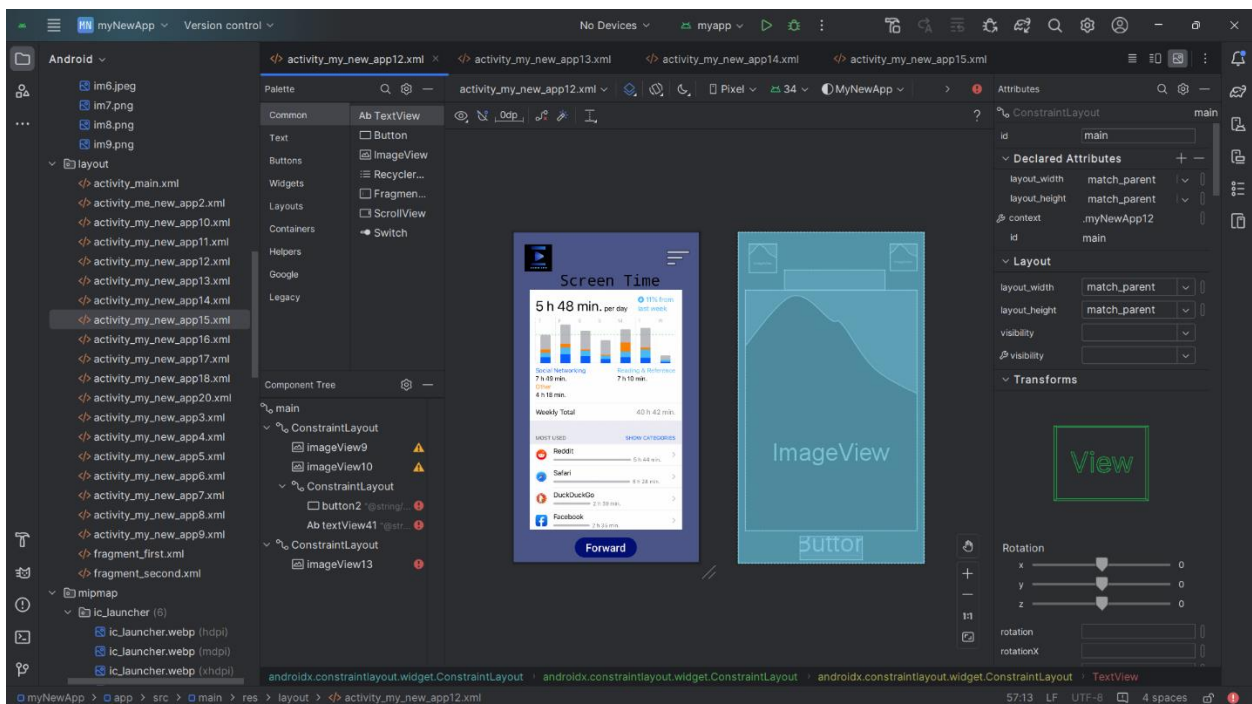
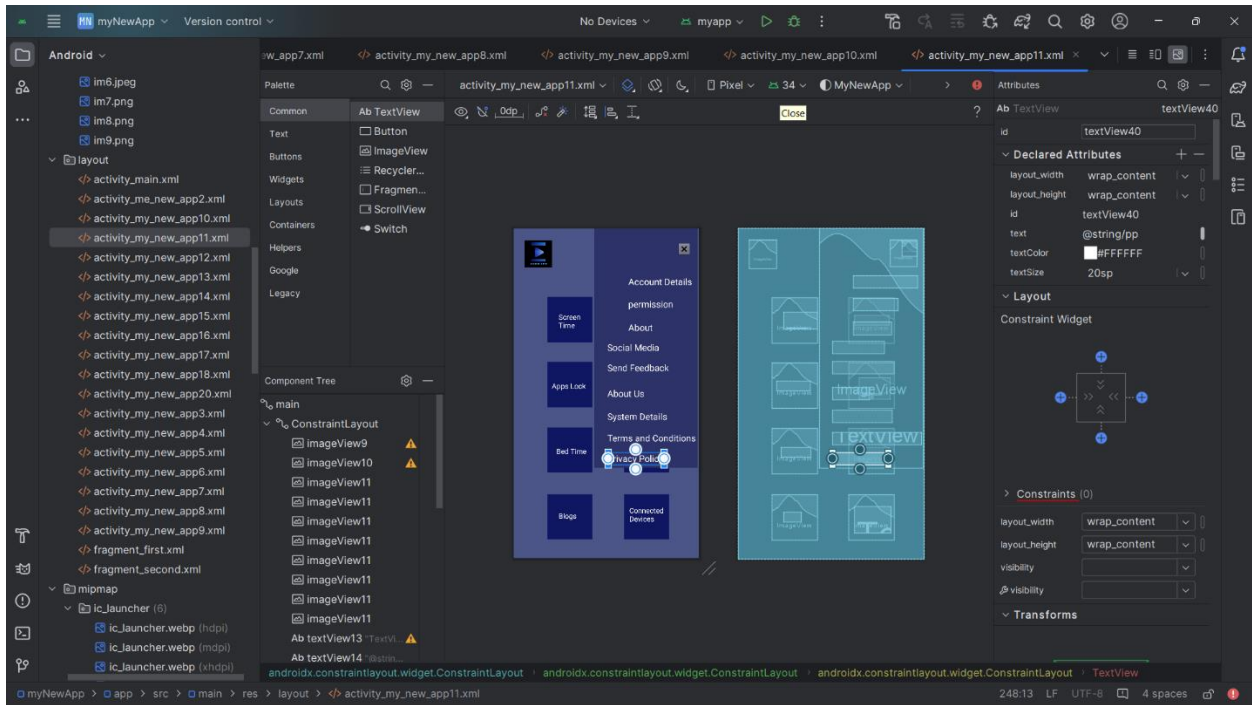




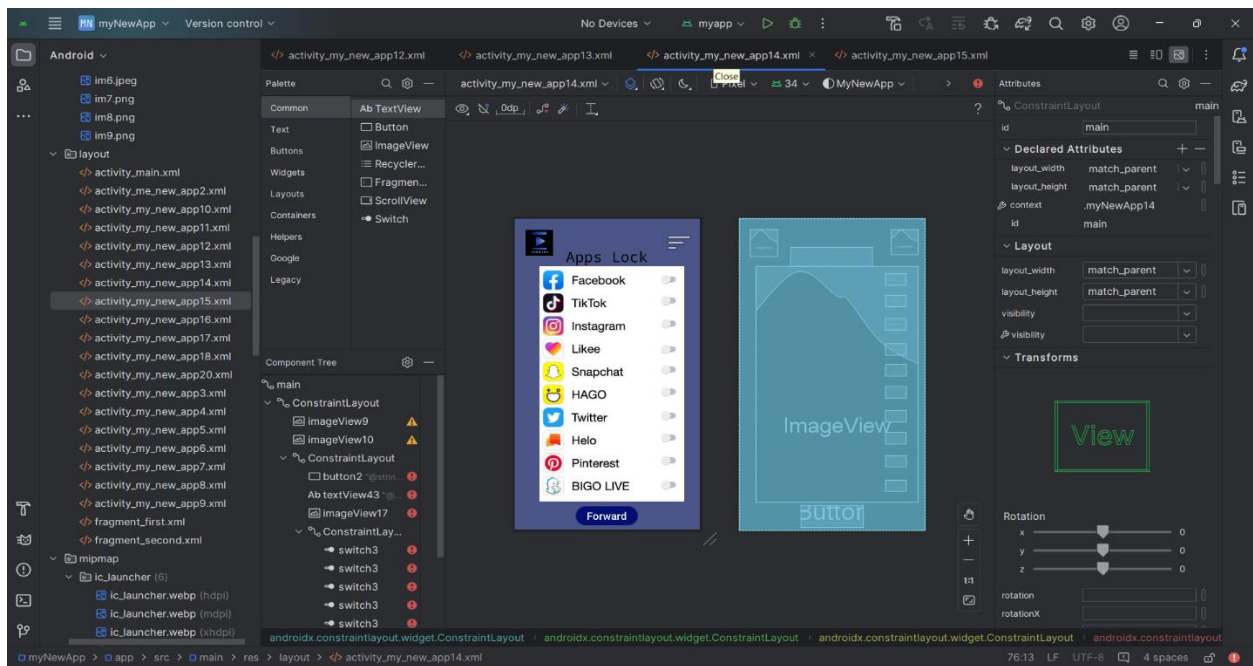
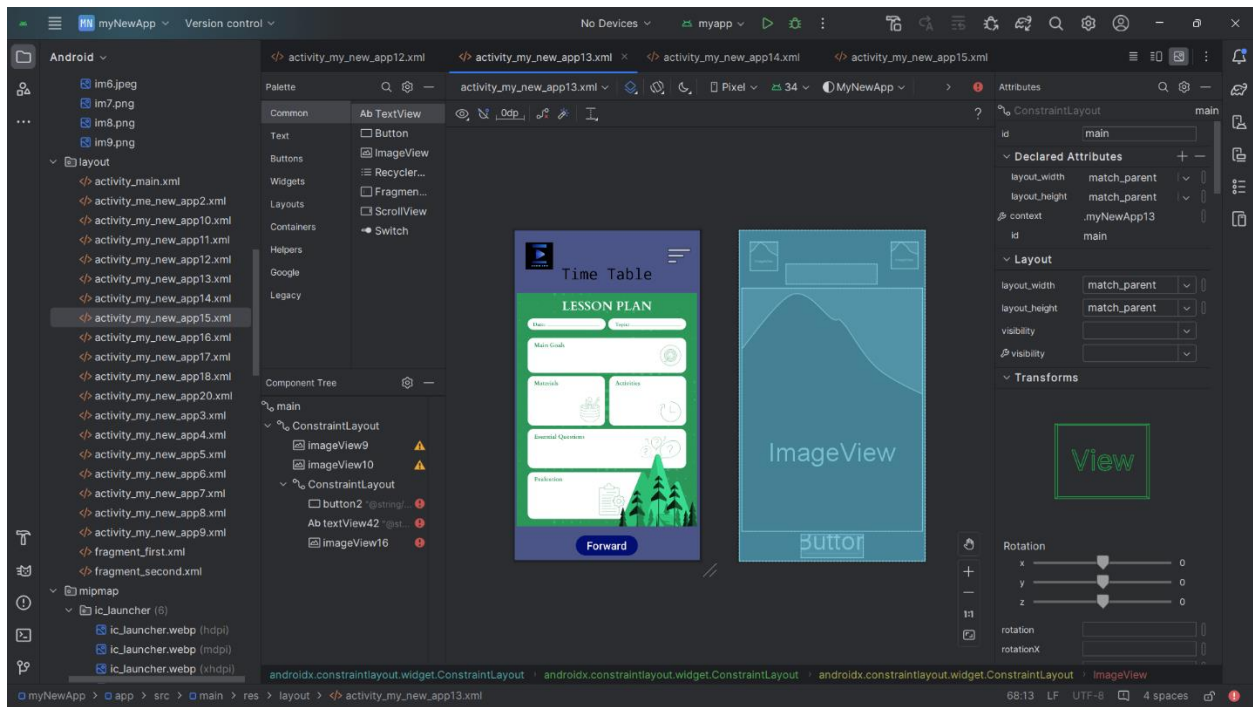




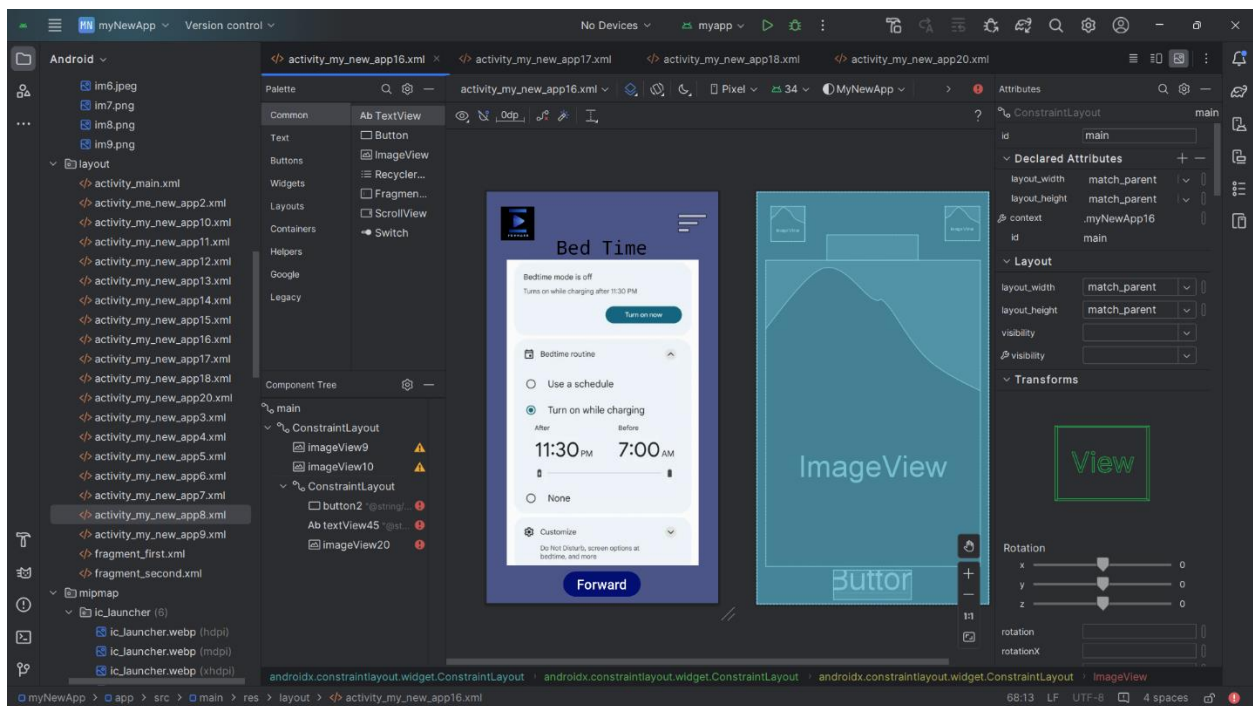
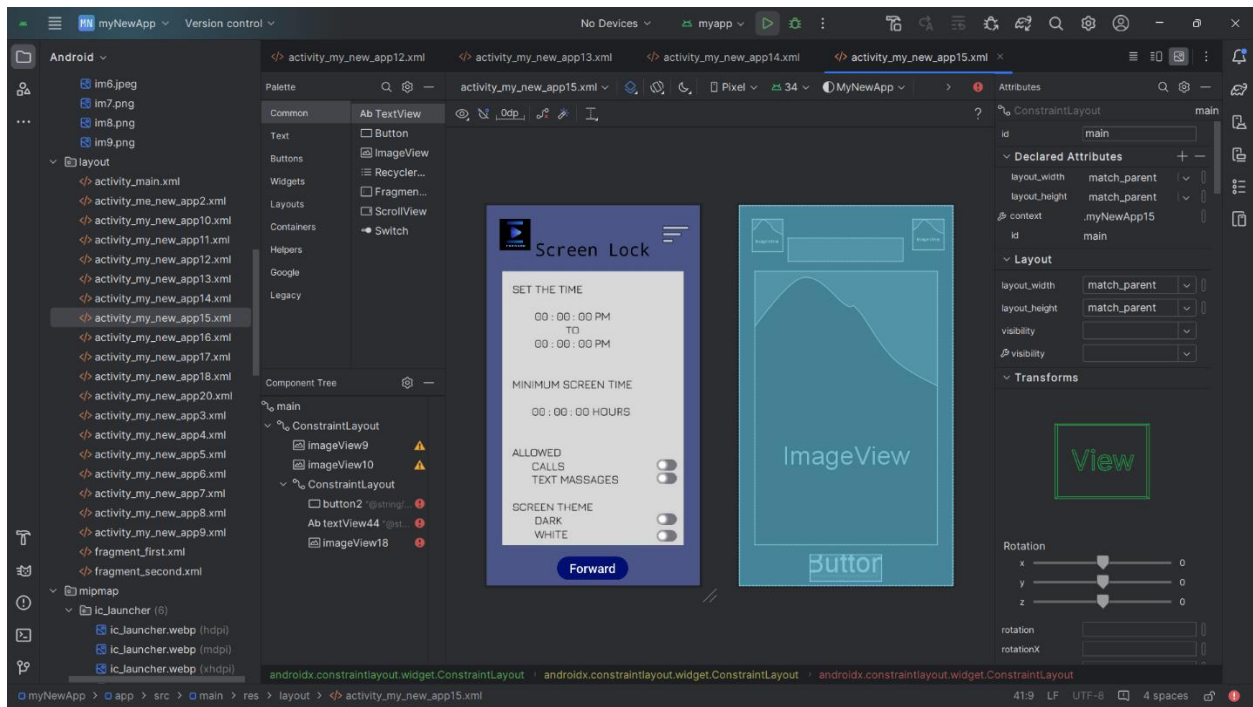


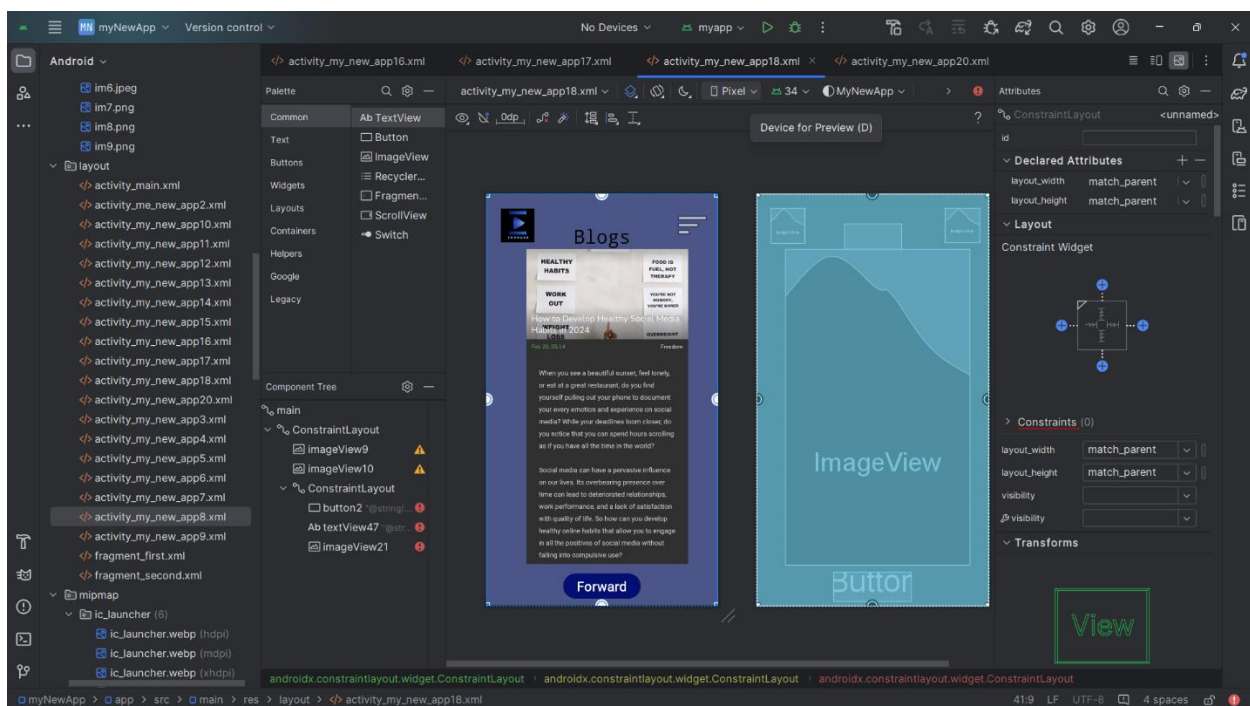
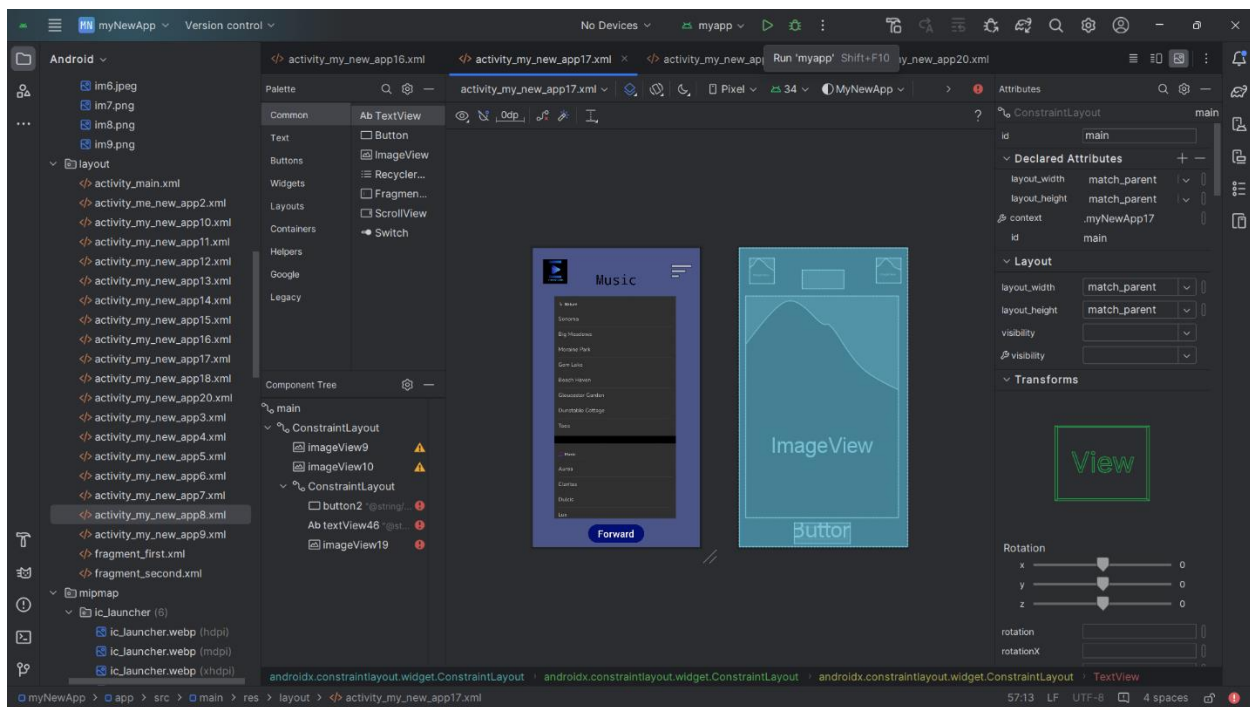


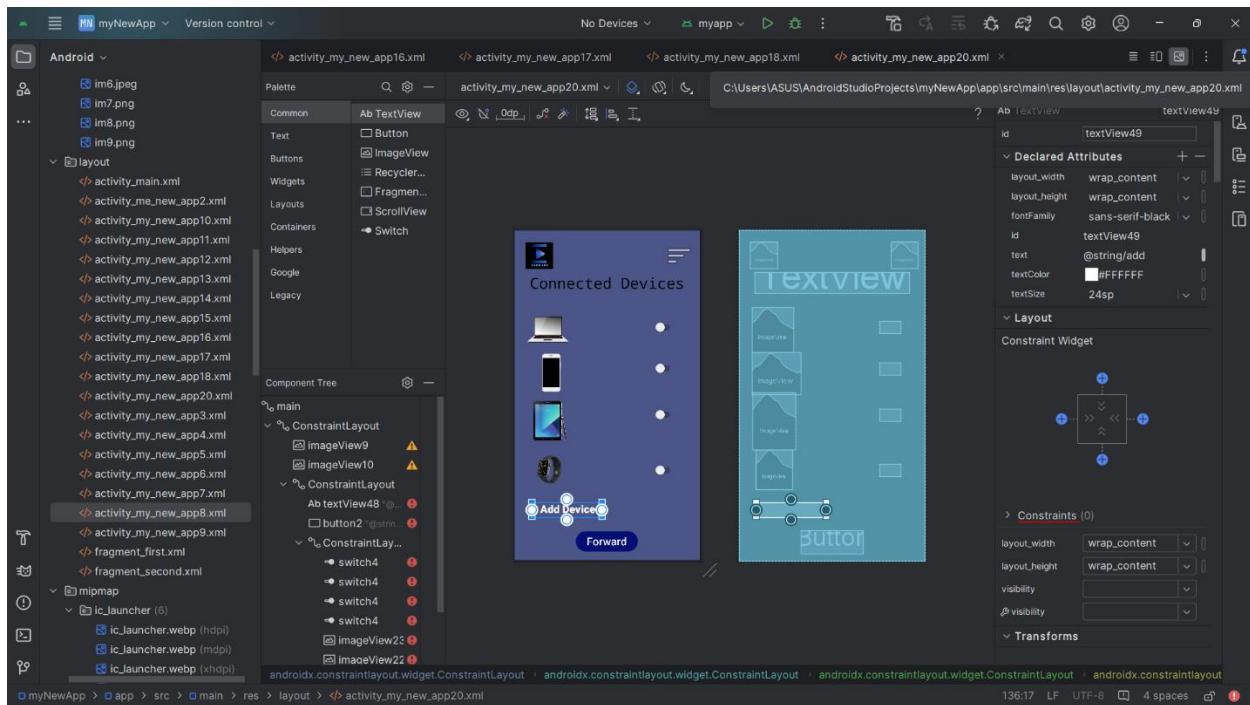












## Content of xml files of Strings and Colors:

### Colors

```
<?xml version="1.0" encoding="utf-8"?>
```

```
<resources>
```

```
    <color name="black">#FF000000</color>
```

```
    <color name="white">#FFFFFFF</color>
```

```
    <color name="backblue">#FF4B5588</color>
```

```
    <color name="btnblue">#FF040F73</color>
```

```
    <color name="recblue">#FF151A49</color>
```

```
    <color name="icnblue">#FF0F1763</color>
```

```
    <color name="navblue">#FF2D3268</color>
```

```
    <color name="swcbbblue">#FF2F3145</color>
```

```
</resources>
```

## **Strings**

<resources>

<string name="app\_name">myNewApp</string>

<string name="forward">Forward</string>

<!-- Strings used for fragments for navigation -->

<string name="first\_fragment\_label">First Fragment</string>

<string name="second\_fragment\_label">Second Fragment</string>

<string name="next">Next</string>

<string name="previous">Previous</string>

<string name="Vision">Aim with Determination</string>

<string name="with">with</string>

<string name="alsl">Apps Lock and Screen Lock</string>

<string name="mt">Manageable Timetable</string>

<string name="gst">Good Sleeping Time</string>

<string name="cod">Connecting other Devices</string>

<string name="st">Screen Time</string>

<string name="tt">Time Table</string>

<string name="al">Apps Lock</string>

<string name="sl">Screen Lock</string>

<string name="bt">Bed Time</string>

<string name="music">Music</string>

<string name="blogs">Blogs</string>

<string name="cd">Connected Devices</string>

<string name="ad">Account Details</string>

<string name="permit">permission</string>

<string name="about">About</string>

<string name="email">email</string>



<string name="pw">Password</string>  
<string name="notification">Notification</string>  
<string name="theme">Theme (Dark)</string>  
<string name="lng">language (English)</string>  
<string name="baw">Block Applications and Websites</string>  
<string name="dn">Device Name</string>  
<string name="dnd">Do not Disturb</string>  
<string name="bn">Block Notification</string>  
<string name="lm">Lock Mod</string>  
<string name="awl">App and Website Lock</string>  
<string name="sm">Social Media</string>  
<string name="sf">Send Feedback</string>  
<string name="au">About Us</string>  
<string name="sd">System Details</string>  
<string name="tc">Terms and Conditions</string>  
<string name="pp">Privacy Policy</string>  
<string name="login">Login</string>  
<string name="add">+ Add Devices</string>  
</resources>