

ALERT: OVERWORK!!

You have over — hours
of planned work today.

Want to find time on
your schedule to relax?

Buttons

YES

NO

ALERT: Not Enough Fitness Hours!!

You only have 70 minutes of
fitness recorded for this week.

According to the World Health
Organization, a healthy young adult
should have — minutes of fitness
per week. For more information, click
the link below to see more

<http://s>

Fix
Schedule

Link

Button

November 13 ~ 20

SUN	MON	TUE	WED	THU	FRI	SAT
1:00am → 8:30am (Sleep)	12:00am 6am (Sleep)	12:00am 6am (Sleep)	12:00am 6am (Sleep)	12:00am 6am (Sleep)	12:00am 6am (Sleep)	12:00am → 8:30am (Sleep)
9:00am → 10:30am Breakfast Run						9:00am → 10:30am Morning Run
			6:30pm → 7:30pm GYM			
8:30pm → 10:00pm GYM						
				7:30pm → 10pm Hang out w/ Friends		

USER INTERFACE TO ADD PERSONAL INFO

All info here will be ordered and summarized somehow for

MEALS

FITNESS

SLEEP

Work/School

Other

Complete

> # if certain requirements
of the first row was not satisfied and complete
was pressed on, associated alerts (one) would
pop up until all is satisfied.

Meals - if anything not filled, alert will pop up with info
regarding the harm of not eating properly

Fitness - if certain hours/min were not dedicated
to fitness, an alert would also pop up

USER INTERFACE TO PUT IN CALENDER INFO

User will type in Title/Name of their Event/Chores

Type of Event

Socialize

Work/School

Chore

Time

to

Date

Repeat?

YES

NO

Purpose of
this section
is to set each
of the users'
event into
different classes

if yes, another
page/screen will
pop up that ask
to repeat based on
day or week
↓
Based on
24 hours
↓
Based on
7 (24hr)
cycle

Need to look into
way that repeats 24 hours
of a day

Purpose of this is...

① if any of the events / times
overlap, then an alert pops
up to remind user of schedule
overlap
② if certain categories (work/school)
total past 10-12 hours, then
alert pops up to remind user to
take a break

③ if a long amount of time of the
day is occupied, app reminds
user to eat certain meals
depending on the time relative
to the day

ALERT: Not Enough Sleep Hours!!

You only have about 40 hours
of sleep this week. That averages
to about 5 hours a day of
sleep which is not healthy
according to —.

See more info in the link
below

<http://s>

Button

Fix
Schedule

