



# MOOD ALERT

Become more *mindful* by recognizing the way your thoughts change your mood.



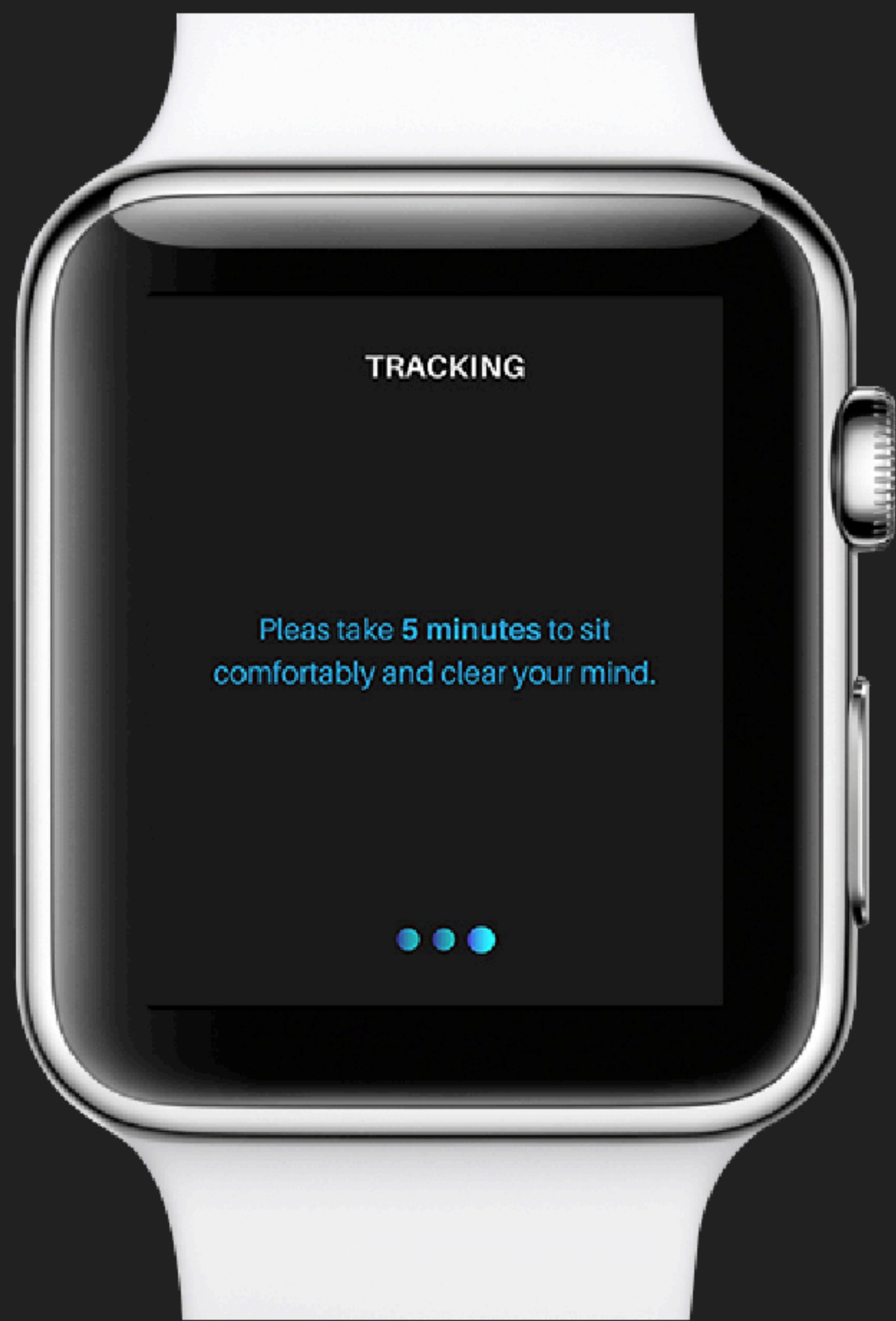
## SIGN IN & SYNC UP

Create an account and sync app up with your iPhone.

## ABOUT THE USER

This feature is for the user to provide their personal information so the app has the proper data to calculate back on.





## TAKE A MOMENT

Addresses the user to calm their mind to calculate calmest their heart rate.

## BREATHING

Has a visual breathing guide to help user breath corectly for 5min to calculate their calmest heart rate.





## GRAPH OPTIONS

User can choose four different categories to look at their graph calculations throughout their day.

## MOOD GRAPH

This graph shows your daily mood changes which are categorized by color.



## MOOD GRAPH

This is a weekly/monthly view of you mood changes.

## NOTIFICATION

Mood alert will alert you when mood starts to drop in the red zone of unhappiness.



## **DESIGN BRIEF:**

Mood Alert is a app that can recognize your mood throughout your day and alert you when you mood drops to more of a negative state. The idea of this is to alert you to be more aware of your feelings throughout your normal lifestyle. Being more aware of your feelings will make you more aware of the thoughts you are having to cause those feelings. This is called, "becoming more mindful". When the app recognizes your moods it will send you a notification to alert you when your mood drops and you can click on the notification to check out the tips it gives you. The point of this app is to work on your positive mindset while living your day to day lifestyle. By having this app alert you when your mood drops it makes you become more aware of how your mind and thought work together with your feelings. This is going to help you learn exercises to get through the times you start to get caught up in a situation and to handle it correctly. This will help with anxiety and other health issues that deal with your thoughts and feelings.

## **DEVICES:**

**Watch:** Armband will calculate your mood levels.

## **TARGET AUDIENCE:**

People who are trying to better their lives with a more positive mindset/experiences while having a busy lifestyle.

## **APPLICATION PAGES:**

Login, Personal Info, Guided Breathing, Graphs/Graphing options, Notification

## **FEATURES:**

Login, Sync, Menu, User info, Graphs, Breathing guide Notifications .

# WIREFRAMES



# FINAL SCREENS

