BLANCE

Balance your life with Blance.

User Interface for a Health Application

Layout And The Functioning Of The Application

Problem:

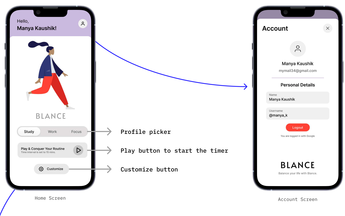
Lacking focus and getting exhausted due to sitting at a place and working or studying for hours is something that has become common in today's digital era. It causes not only physical fatigue but affects our concentration span and brings creative burnout.
Hence, breaks are important, we tend to become so indulged in our work, we ignore that our health is at toll.
Wouldn't it be great if there was something to help us out here?

Target users : Employess, students or anyone who wants to focus while giving some effort on their well-being.

My Solution:

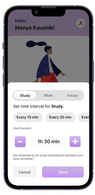
'Blance' is a health reminder application, that solely focuses on motivating people to work/study efficiently without much exhaustion. It encourages you to take breaks and reminds you to do basic, yet very crucial stretching in between your total work duration. With a very minimal design approach it makes the app easier to use and understand.

UI Of The Application



Home Screen

Account Screen



Customize Overlay

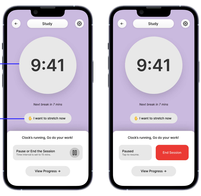
Customize

Customize Button:

You can alter your reminder time, as well as total duration of your work. For example, if you want to study for a total of 2 hours, you can set the goal duration to 2 hours. If you want a reminder break after every 20 mins, set the time interval to 20 minutes after which you will be reminded to stretch and exercise.
If you do not wish to select a time interval, it will be set to 15 minutes by default.

This clock will show the running time and will eventually remind the user through a notification to stretch after the particular time interval that they have selected.

If you seem to be distracted or want to take break early, you can tap on this button. This will show the same thing again as in your scheduled reminder breaks.

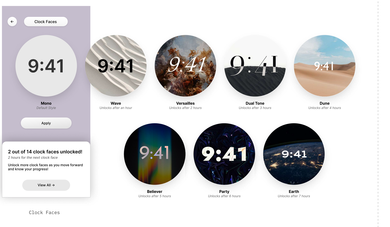


Session Screen

Break Screen

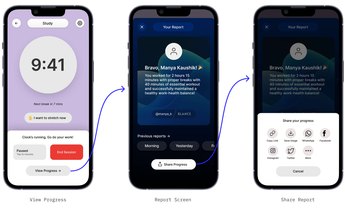
The break will last for 10 mins where we have a number of easy stretching demo pictures with their names.

Below which you can pause or end the session.



Clock Faces

From the settings, we land on a page which allows the user to change the clock appearance. I have added a bunch of themes here, which is made to inspire the users. Now how? The themes will unlock only as you move forward with your work. For example, the second theme unlocks after you've successfully completed one hour of your work along with your stretching breaks.



View Progress

Report Screen

Share Report

The user can view their progress. It will show their statistics - how much time they have worked and how much time they have spent on stretching with an option for accessing previous reports as well.

End the session : The users can save the report or showcase it on different social media platforms to tell the world that they have balancing their life with Blance.

Future Aspects:

1. Setting up a 'Stretch With Friends' feature, where people can compete and compare their individual performances, and hold group working sessions as well.
2. Change report screen's background to match it with the Clock Face's one to show off the newly unlocked clock theme.
3. Weekly report summary: Every week you'll receive a notification of your weekly performance to help you to get an idea of how much more hours you need to spend.

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