

# sapling user manual

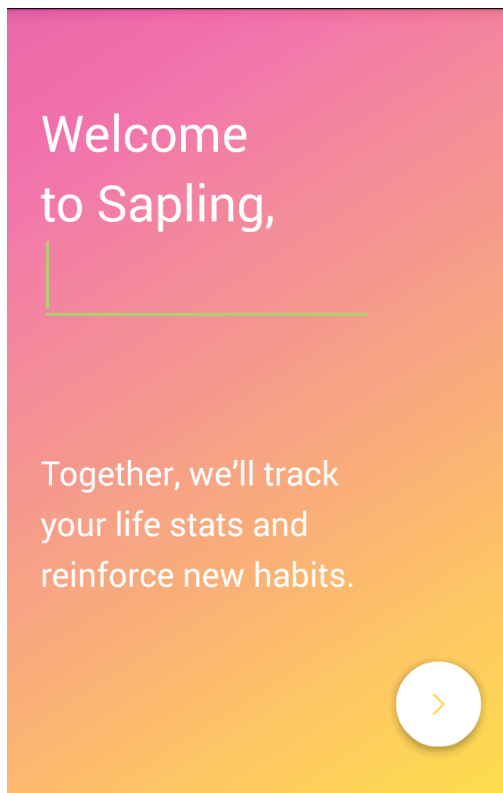
**team 18**

Vanessa Makuvaro, Antonio Menarde,  
Tiffany Yue, Joe Zhou

## **General Information**

Sapling is a lifestats application that allows a user to log and display information about their daily lives. The following manual consists of five section: Getting Started, Main Page, Daily Logging, Display, and Settings.

## Getting Started



When you open the Sapling App for the first time you will be welcomed by the screen on the left.

1. Enter your name in the text field. This will be used to make the app feel more personal!

2. Click on the next button located in the bottom right corner to continue through the onboarding process.

## Getting Started

What do you want to learn about yourself?

health

stress

happiness

productivity

Would you like more or less?

+

-

+

-

+

-

+

-

>

1. Enter metrics you would like to follow in the 4 provided text fields presented. You can replace the default entries initially displayed.

2. To the right of each metric is a pair of buttons. If you consider a metric to be a positive one (this means more is better), such as “Happiness”, press the “+” to indicate you would like more of this metric. If you consider the metric a negative one (less is better), such as “Stress”, press “-” to indicate you would like less of this metric. You cannot change whether one of the default metrics is considered positive or negative.

3. Click on the next button to continue through the onboarding process.

What habits do you want to work on?

go to the gym

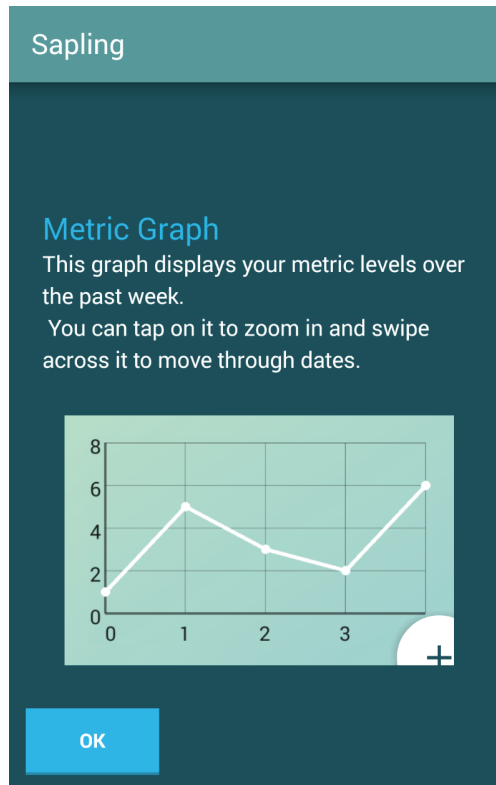
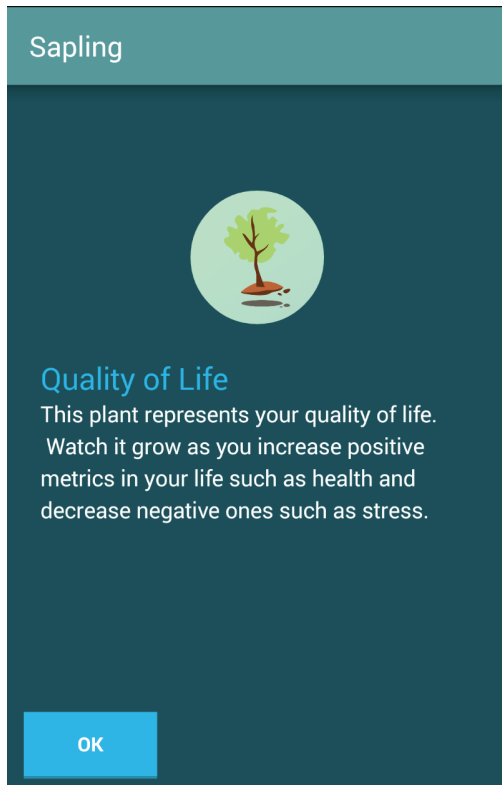
eat an apple

>

1. Enter habits/goals you would like to complete on a daily basis. You can replace the default entries initially displayed.

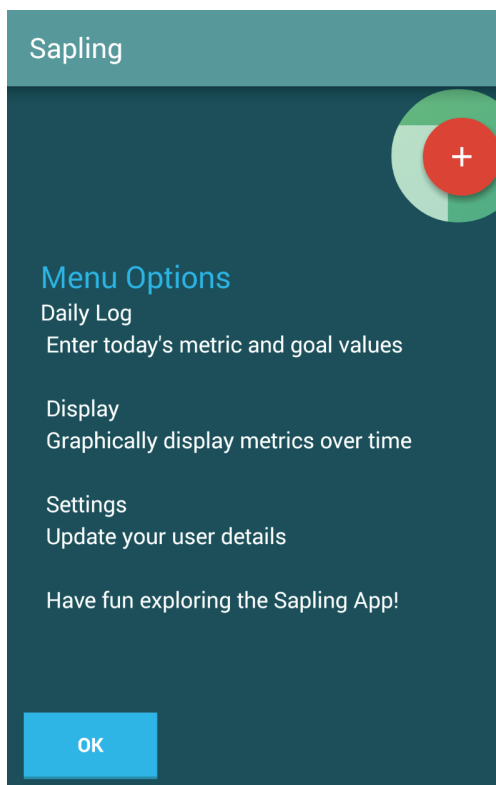
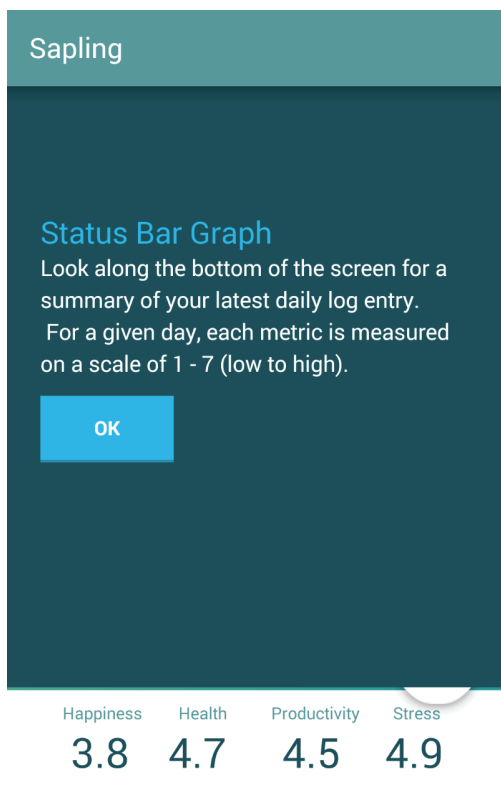
2. Click on the next button to continue through the onboarding process.

# Getting Started

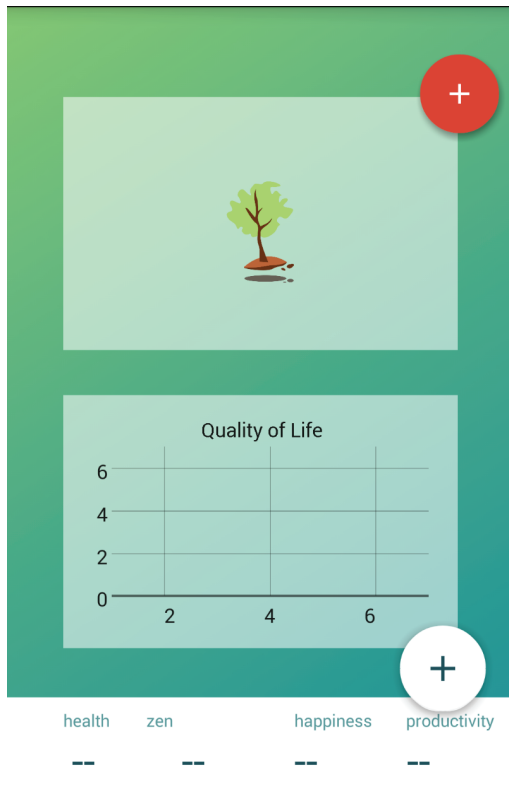


The next few screens will walk you through the app's homepage. For each screen, read the information provided.

Then press "OK" to move onto the next screen.



# Main Page

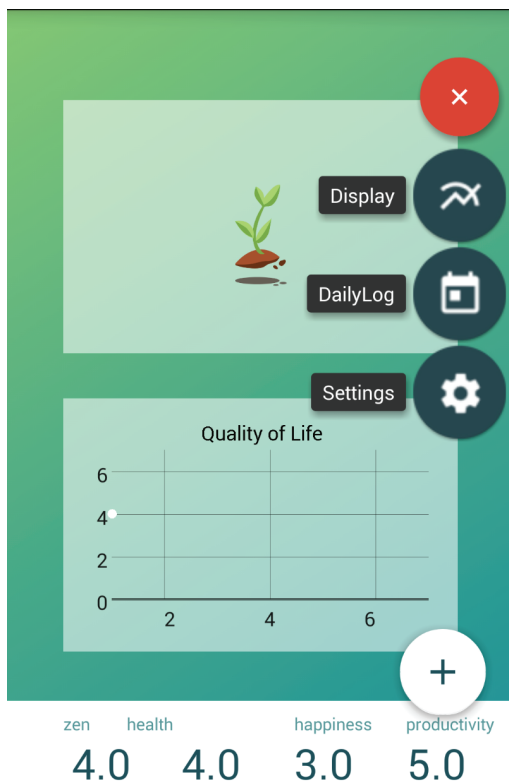


This is the page that you will land on when you open the application each day.

The plant, reflects your quality of life for the past week as calculated by the Sapling's app. Essentially, the further along the plant is in its life cycle, the better you have reported your metrics over time. It offers a one-look way of assessing how you have been doing.

The graph displays your quality of life for each day in the past week. This is what is used to determine your plant, and is an aggregation of all the metrics you reported.

Click on the red button to access all menu options.

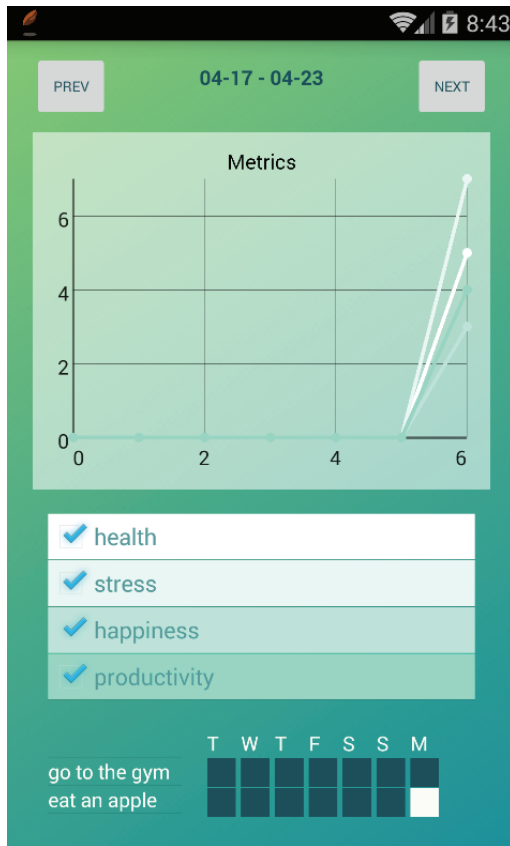


To enter the Display Page: Click the "Display" button.

To enter the Logging Page: Click the "Daily Log" button. Alternatively click the white "+" button found bottom-left for quick access to the Logging Page without expanding the full menu.

To enter the Settings Page: Click the "Settings" button.

## Display Page



This page is where graphical representations of your data over the weeks can be viewed.

The graph “Metrics” tracks the value of individual metrics over a given week. The week’s dates are noted above the graph. The rightmost data point is the most recent day, and as you move left you go back in time.

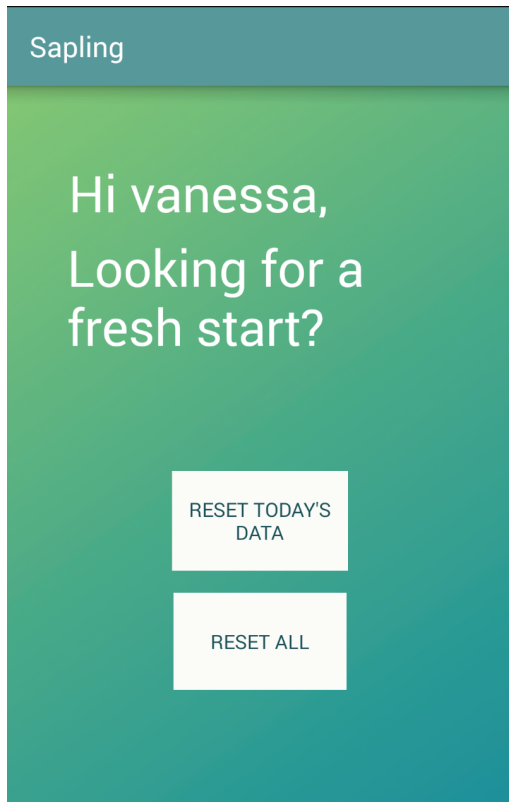
Choose which week to display by clicking the gray buttons located top-left and top-right of the screen. Left takes you to the previous week and right to the next week, granted that week is not in the future.

Choose whether or not to display a particular metric in the graph by checking & unchecking the check boxes located beneath the graph.

The grid found at the bottom of the screen tracks your habits over a week.

A white square indicates that a goal was achieved on the corresponding day and dark blue square indicates the opposite. This grid also updates as per the current week selected. Again, the rightmost column is today, and as we move left we go back in time. The grid also moves back in time with the graph, which can be changed by pressing the corresponding grey button at the top of the screen.

## Settings Page



This page allows you to reset the app's data.

Clicking on “Reset Today's Data” will reset the current day's metrics levels and goal completion.

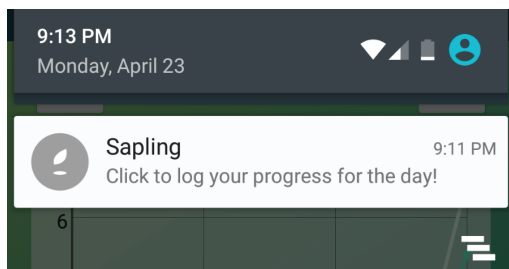
After making this selection you will be taken to the Daily Logging Page. Once you have submitted your log you will come back to the settings page but can go back to the main screen by pressing the back button on your device.

Clicking on “Reset All” will delete all information previously stored by the app i.e. metric and goal data from all dates, current and previous, will no longer exist.

After making this selection you will be taken to the first Onboarding page.

If you wish to make neither selection, simply use the your Android device's back key to return to the Main Page

## Notifications



Expect Sapling to send you a once daily notification reminding you to log you information for the day! Click to open the logging page for the day. Notifications are pushed daily between 5:22 - 5:23 pm Eastern time.



## General Tip

If you wish to return to the Main Page from any of the other pages simply use your Android device's back key to return to the Main Page.

## Known Bugs

You cannot change whether a default metric is considered positive or negative.

When checking and unchecking metrics on the display graph, they may end up being different colors, which mean they diverge from the color shown on the checkbox.

Notification may not display on subsequent days after it is first shown, as it does not always want to refresh itself.

If the app is completely quit, onboarding begins again next time the application is opened -- i.e. app thinks it was just installed every time it is open, due to issues with storing that state.