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FIT4WORK

SELF-MANAGEMENT OF PHYSICAL AND MENTAL FITNESS OF OLDER WORKERS

CO-FUNDED BY

PARTNERS

Project coordinator: Poznań Supercomputing and Networking Center, ul. Jana Pawła II 10, 61-139 Poznań, Poland, email: fit4work@fit4work-aal.eu

Graphical user interface

Ambient Assisted Living Joint Programme project no. AAL-2013-6-060

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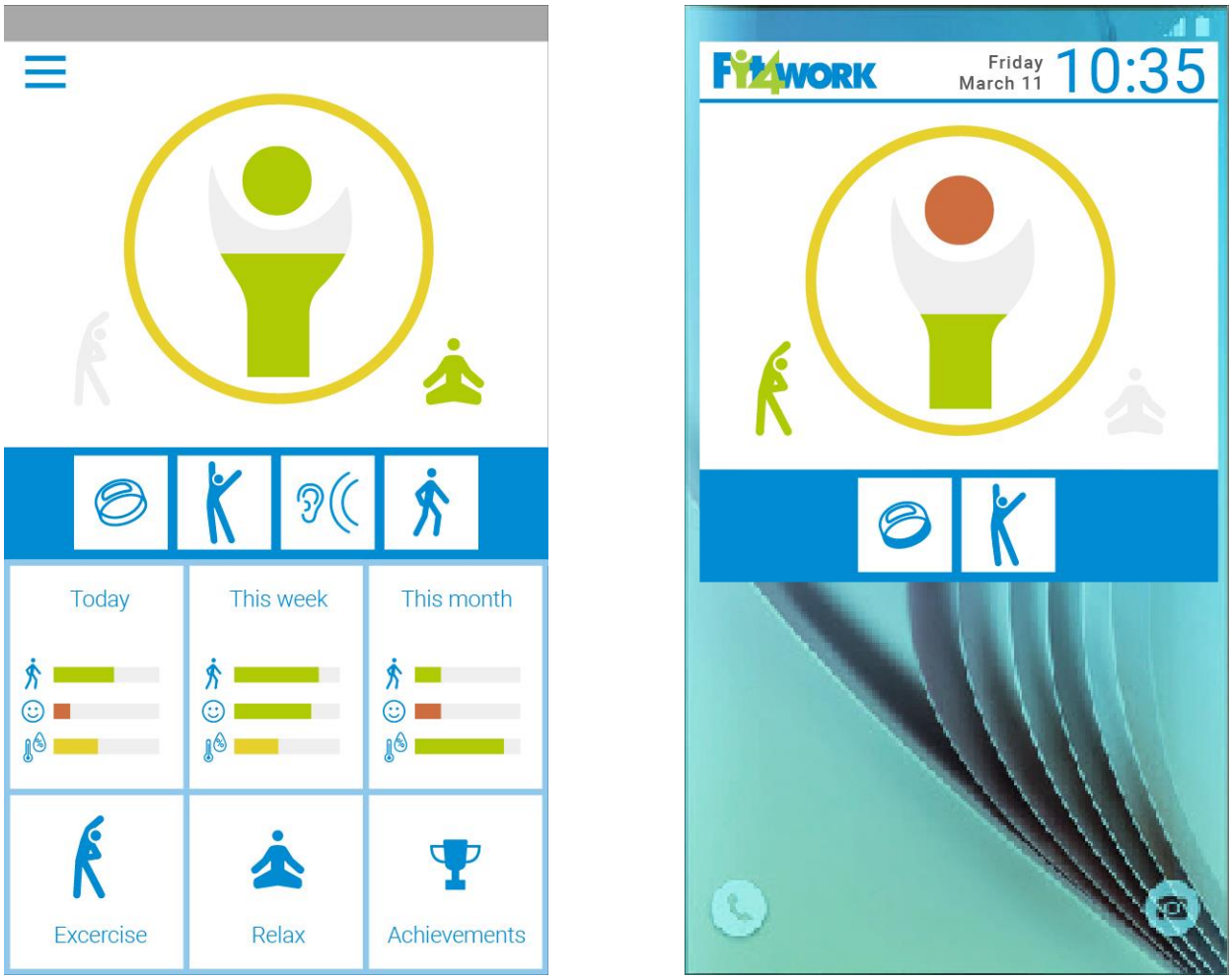
1. Introduction

This report contains information on the major concepts for the graphical user interface designed for use within the user gateway applications. The sections of this document present the main screen of the envisaged applications (section 2), the secondary screens (section 3) and the functional elements (section 4).

The graphical user interface has been prepared in the form of high resolution graphic files. In this report we include lower resolution for the reference.

2. Main screen



Main application screen (left) and application widget (right)

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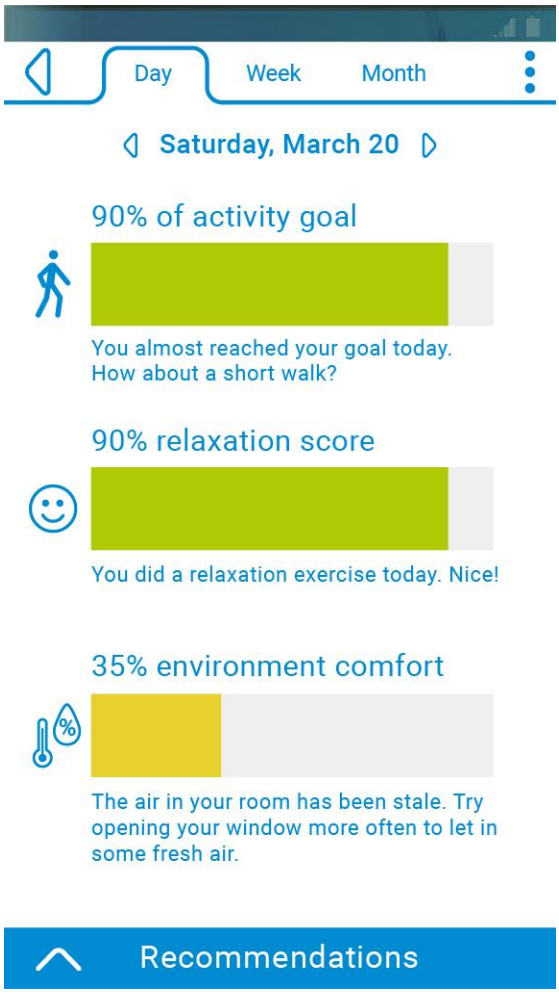
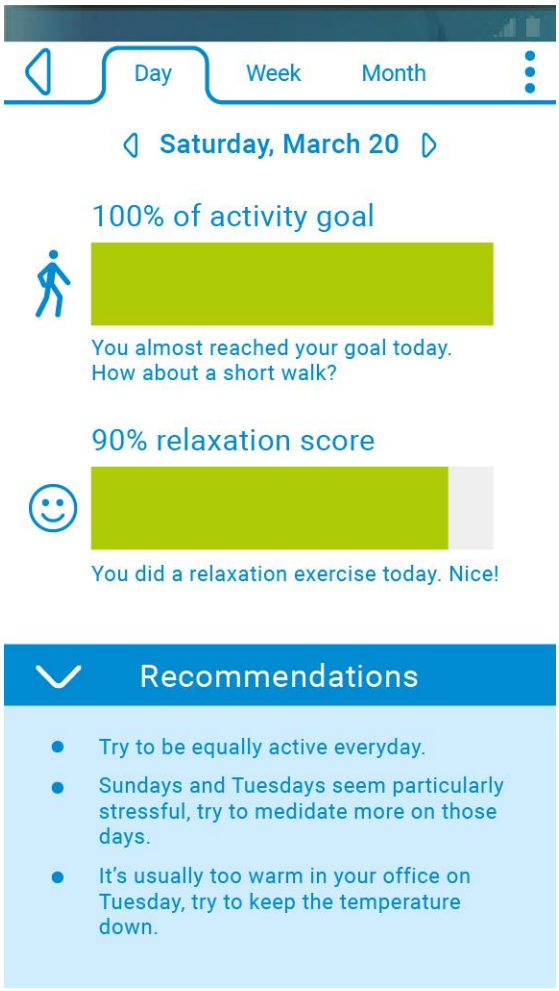
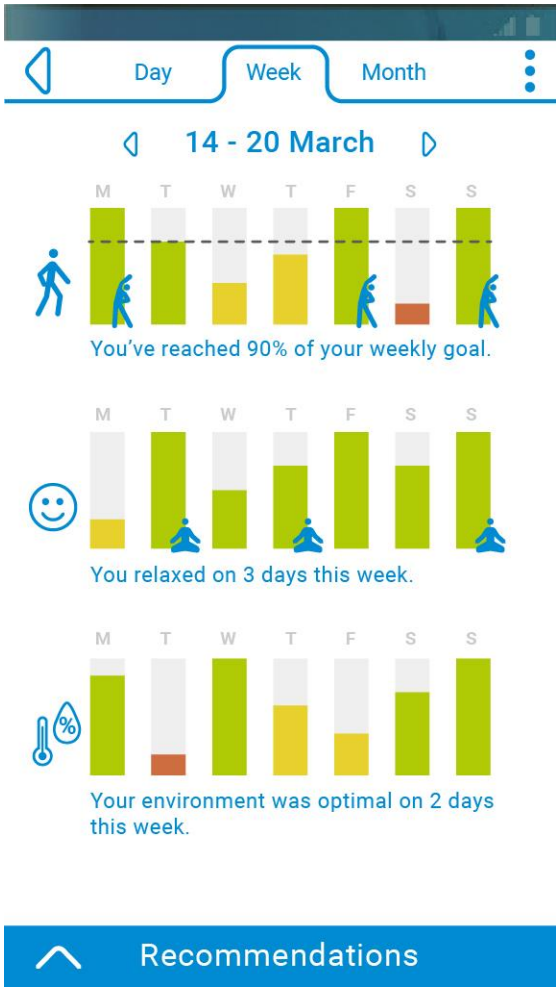
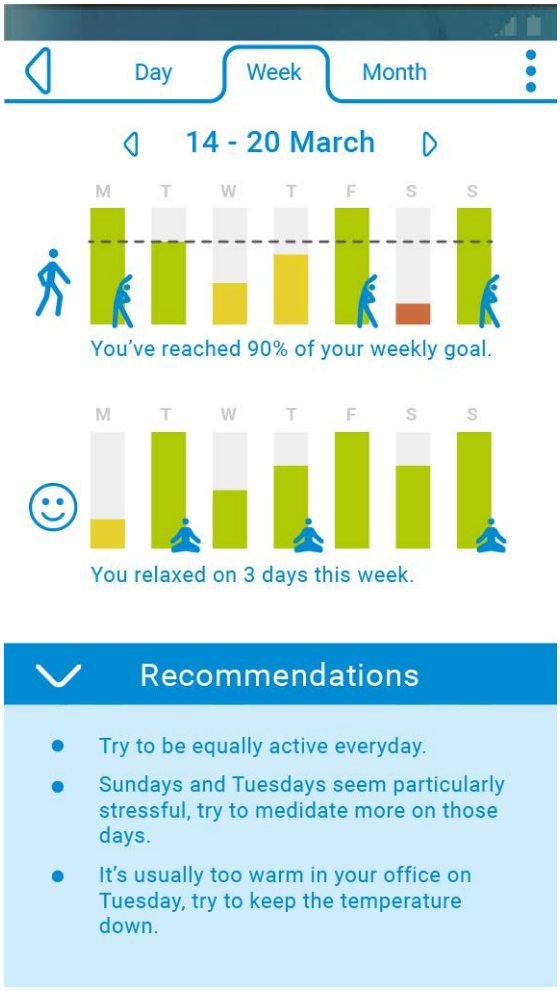
3. Secondary screens





Day view of user physical activity, mental activity and environment (with long term recommendation panel hidden and shown)





Week view of user physical activity, mental activity and environment (with long term recommendation panel hidden and shown)

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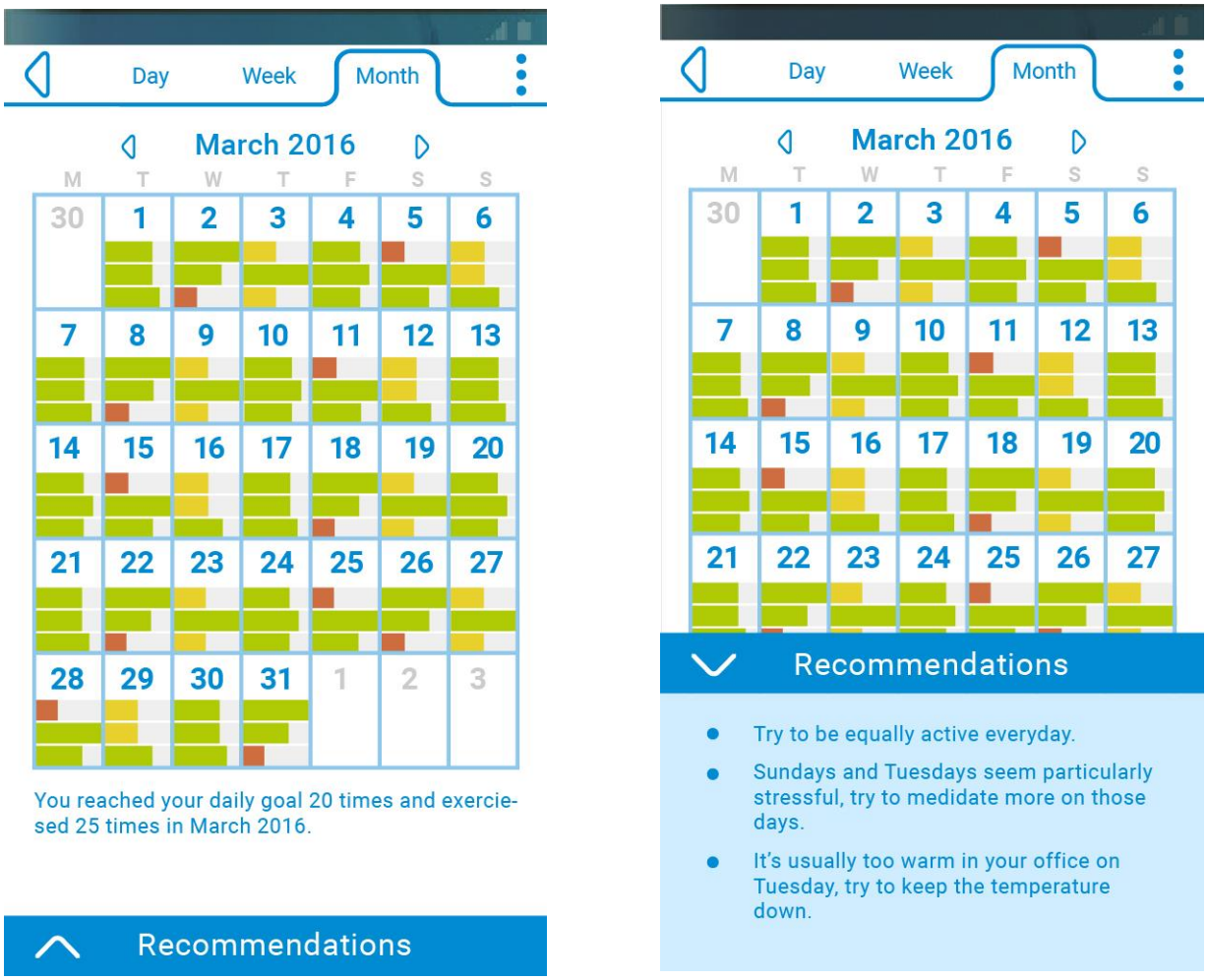
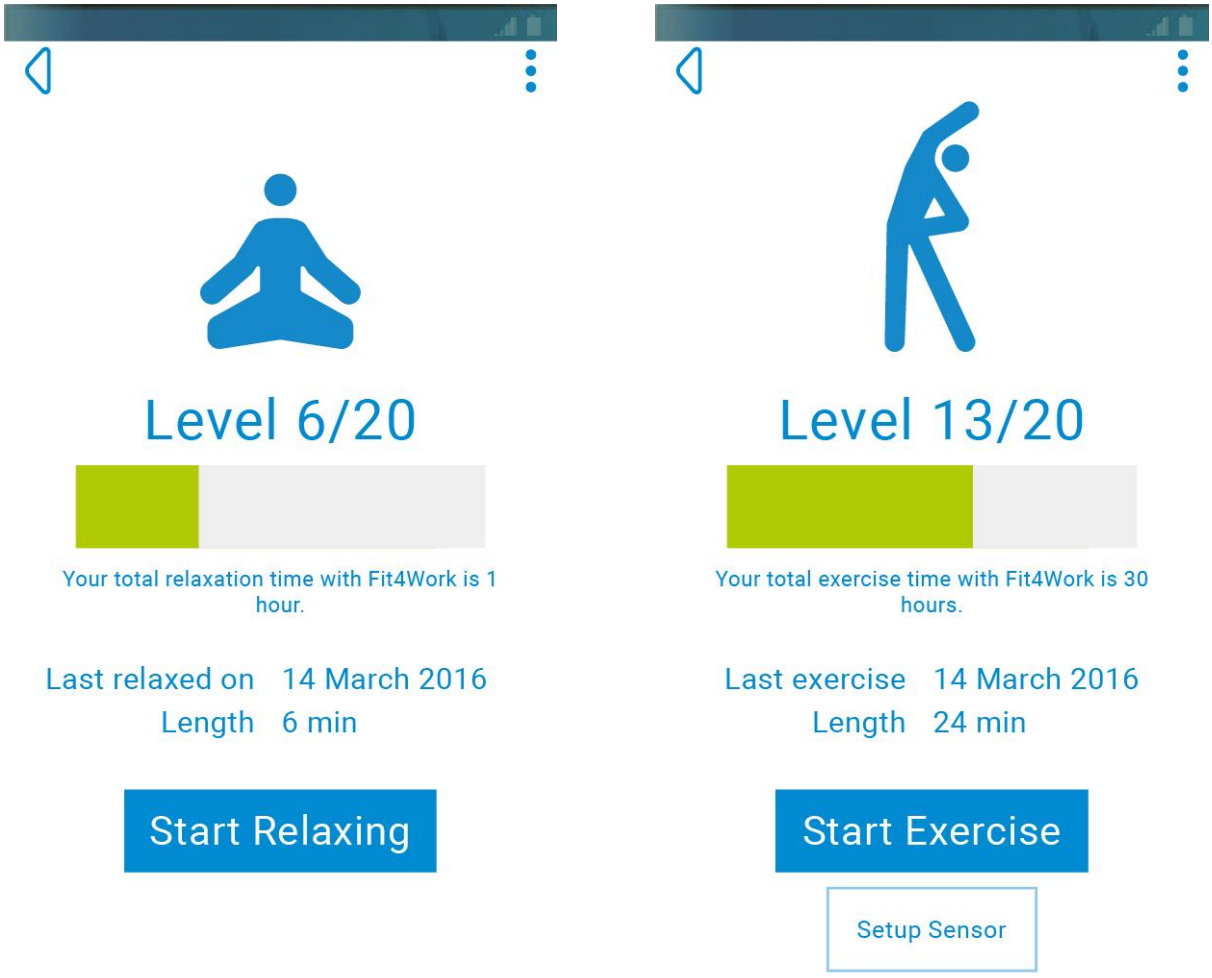


Month view of user physical activity, mental activity and environment (with long term recommendation panel hidden and shown)



Stress relief (left) and functional exercise (right) start screens

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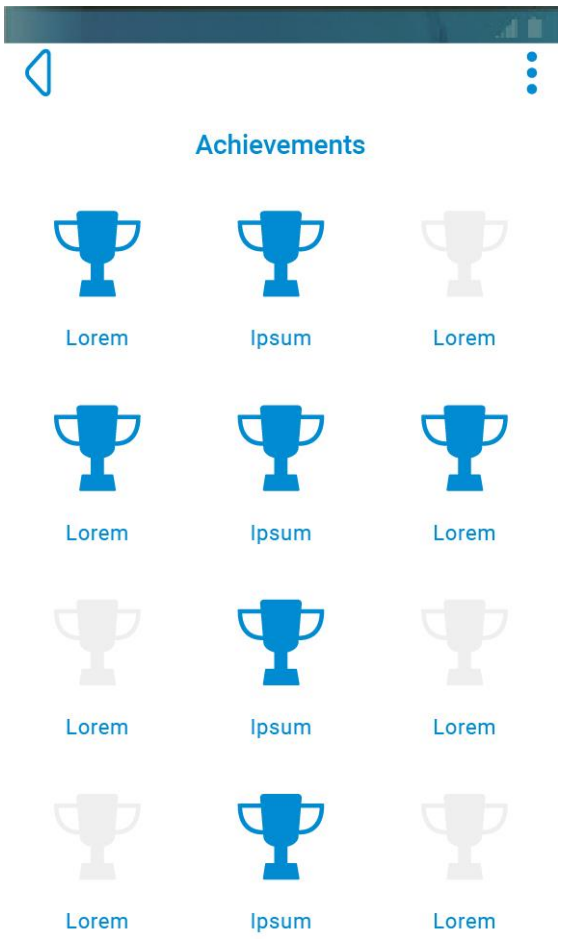


Preliminary screen with user achievements

4. Functional graphical elements

[tu lista ikon, wykresów i przycisków itp., najlepiej z wytłumaczeniem, co prezentują – być może wystarczy, że to opiszemy tylko jednym hasłem, jak poniżej – te grupy to]

4.1. Icons

User physical activity

Functional exercise

Stand up

Stress relief exercise

Recommendation for opening the window (work environment air quality related)

Recommendations related to the activity sensor (e.g. low battery)

Environment air humidity

Environment light level

Environment temperature

Environment noise

User relaxation level

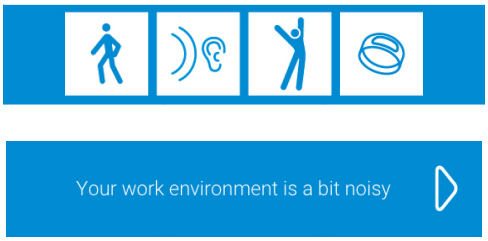
User environment

User achievement

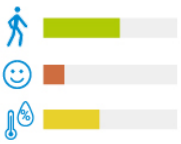
4.2. Data presentation elements

"Current status" component:

- Fit4Work logo figure represents:
  - User physical activity in respect to the daily activity goal (figure body color fill level)
  - User mental stress level represented by the color of the figure's head - changing from green (relaxed) to orange/red (stressed)
- Circle around the Fit4Work figure represents user environment. The color of the circle represents the environment state - changing from green (optimal) to orange/red (suboptimal)
- Icons on the sides indicate whether a functional exercise (left) or a stress relief exercise (right) were performed today



Recommendation/notification bar. Recommendation icons appear dynamically as needed. Once an icon is tapped, a short recommendation/notification text is shown.



Component representing user's physical and mental activity and environment over a period of time (e.g. day/week/month):

- Physical activity bar (top) shows user progress in relation to a set goal.
- Mental activity bar (middle) shows user calmness or relaxation level
- Environment bar (bottom) shows environment comfort level

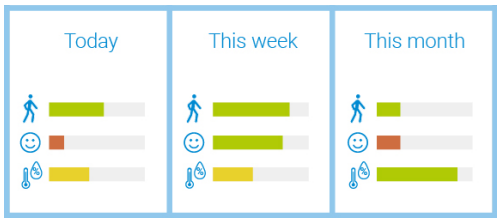
User physical activity, mental activity and environment over a week.

The physical activity section (top) shows activity in relation to a daily activity goal (dashed line).

Days on which a functional exercise or mental stress relief exercise were performed are marked with an appropriate icon.

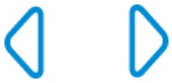
Long term recommendation panel

4.3. Buttons



Dynamic content navigation buttons showing user's physical and mental activity and environment comfort over specified periods of time and leading to appropriate secondary screens.

Static content navigation buttons leading to secondary screens.



Back/forward navigation buttons

Tabbed view navigation buttons

Android actions menu button

Application menu button

Slide-out panel button

Primary action button

Secondary action button