Bloom

App User Guide

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Understanding Your Garden

How your garden grows

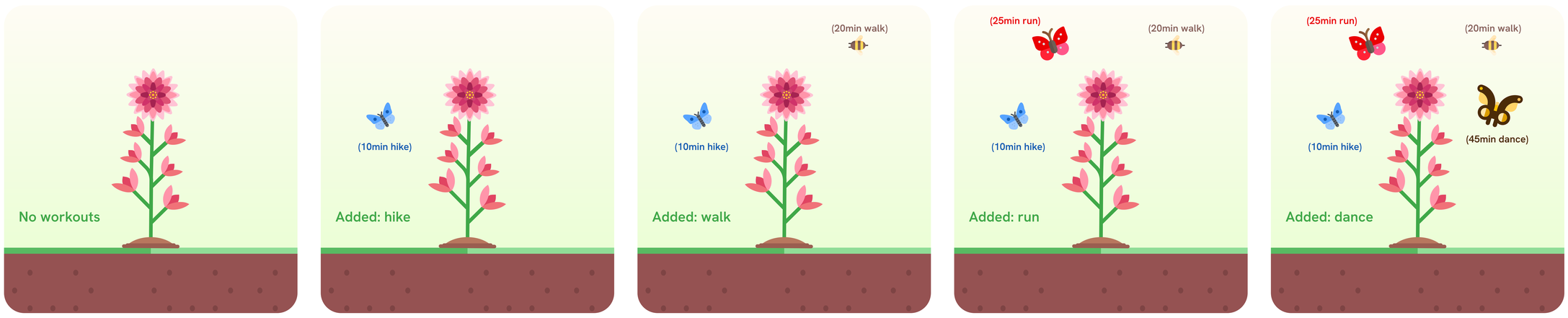
We break up your weekly plan progress into 20% increments. That means every time you complete an additional fifth of your weekly plan, your garden will grow.

For example, if you set out to complete 5 workouts in one week, your garden would grow with every workout you complete. If you had a goal of 10 activities, your garden will grow with every 2 workouts you complete.

If you do not reach 100% progress by the end of the week, your garden will reset to what it was at the start of the week. If you reach 100% progress, you'll progress to the next week and get a new plant!

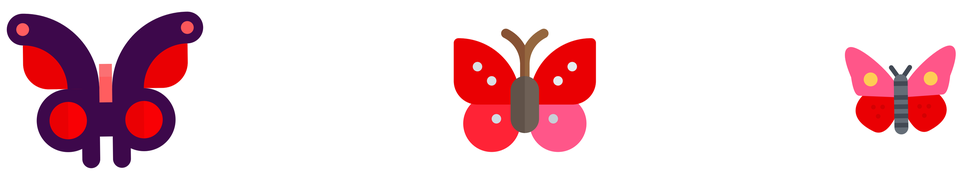
Bees & Butterflies

In contrast to your garden growing, which happens in 20% increments towards your weekly goal, you will receive a bee or a butterfly *every time you complete an activity, regardless of whether your garden grows*. For example, even after you reach 100% of your weekly goal, if you keep exercising, you will still receive bees and butterflies.



Bees will always be walks. The longer your walk, the larger your bee will be.

Butterflies, on the other hand, are any activities outside of walks, such as runs, yoga, swimming, hikes, etc. They will be a different color depending on the type, and like bees, their size will correspond to the duration.



Understanding Activity Types

Plan vs. Bonus

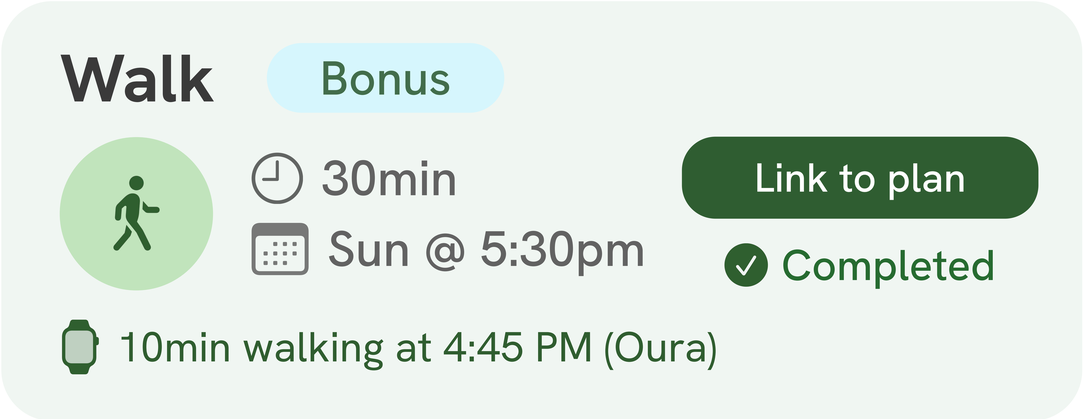
A **Plan** activity is an activity you have added to your weekly plan. It contains:

- A "**Plan**" label at the top
- The option to Modify
- The option to Mark Complete (**note**: you cannot mark an activity as complete if it is still upcoming)
- The time and duration of the activity

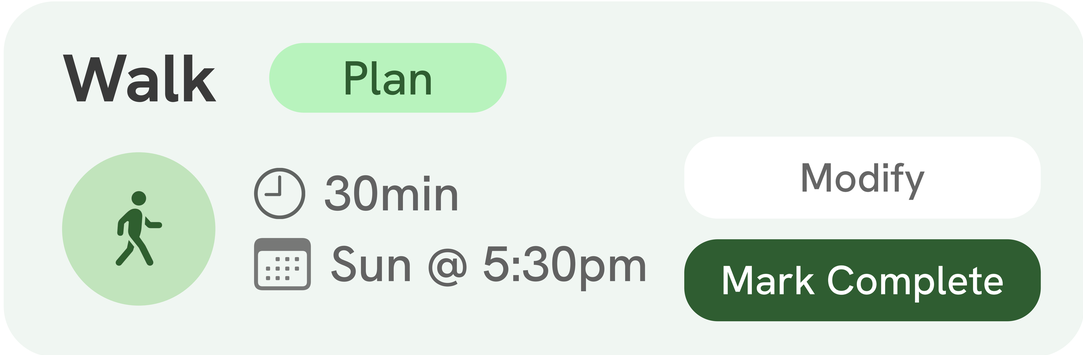
A **Bonus** activity is an actvitiy that was not found in your plan, but was detected by your wearable. It contains:

- A "**Bonus**" label at the top
- The time and duration of the activity
- The exact activity that was detected on your wearable (green line at the bottom)
- The option to "**Link to plan**"
  - Meaning: "this activity *was* part of my plan, and I'd like to link it to a specific activity in my plan"

If you get a **Bonus** workout from your wearable, that will be counted towards your weekly plan. For example, if your progress was 1/5 before your Bonus workout, it will become 2/6 when your Bonus is added.



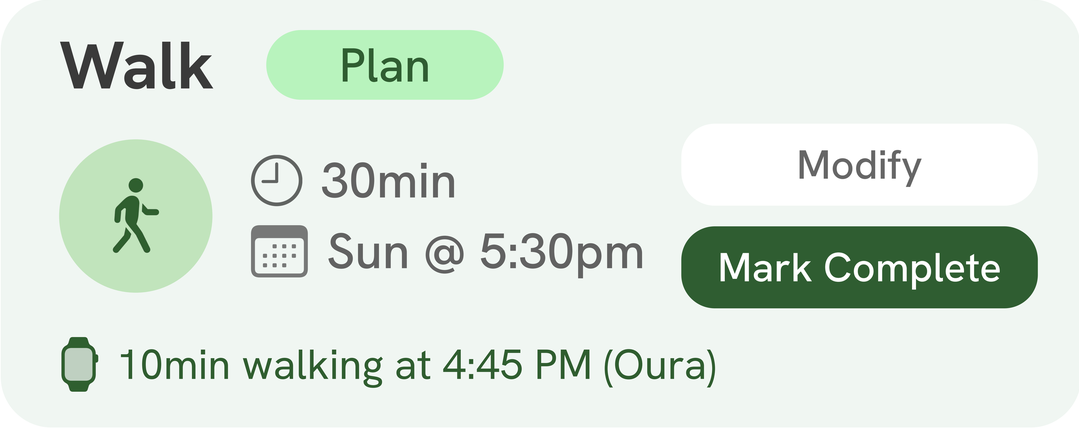
Bonus Workout



Planned Workout

How are my planned workouts linked to my wearable?

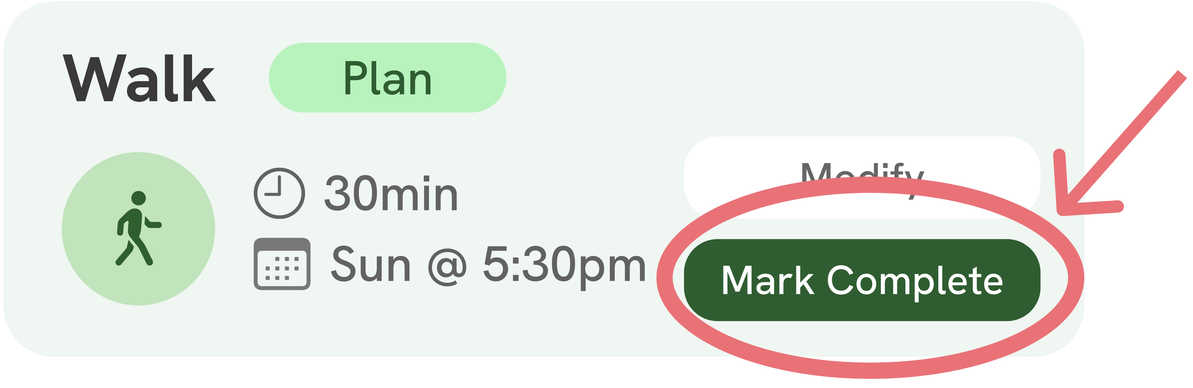
Most of the time, when you complete a workout you had planned on your wearable as a workout of the same type, the app will automatically link it to your plan for you. These are called **Auto-Linked** workouts, which are a subset of **Plan** workouts.



Planned Workout + Auto-Linked

Didn’t have your wearable on you?

If you did not have your wearable on you during your activity, you may simply press “Mark Complete” on the card of that workout.



Completed a workout of a different type or at a different time?

If you *did* complete a workout on your wearable, the app should automatically detect it and link it to your plan without you having to click “Mark Complete”.

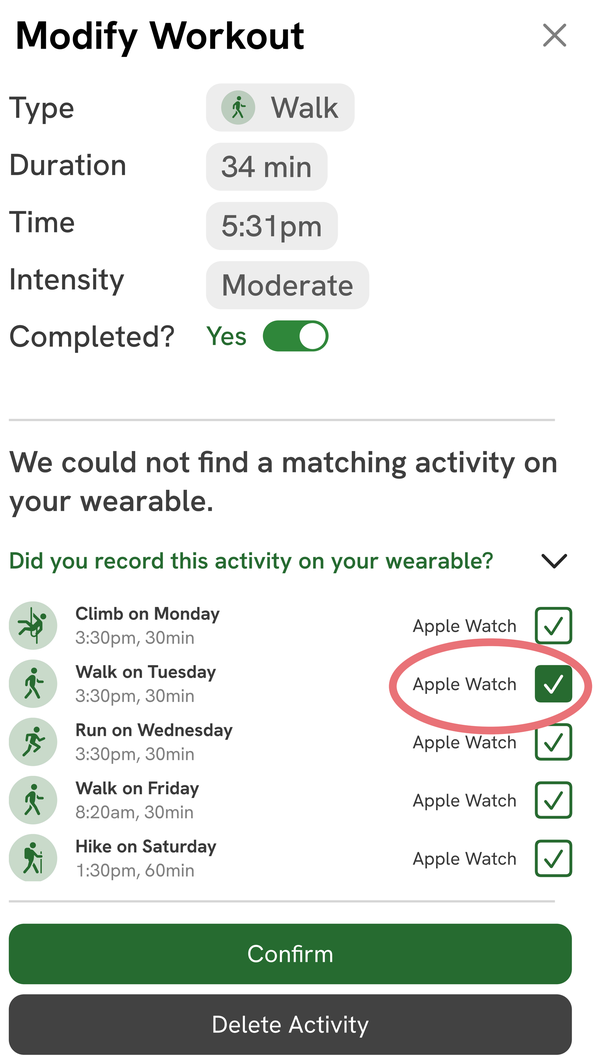
However, this might not always work, or perhaps you plan a walk and decide to complete a run instead, or you complete a 30-min workout in three 10-min increments.

In this case, you can:

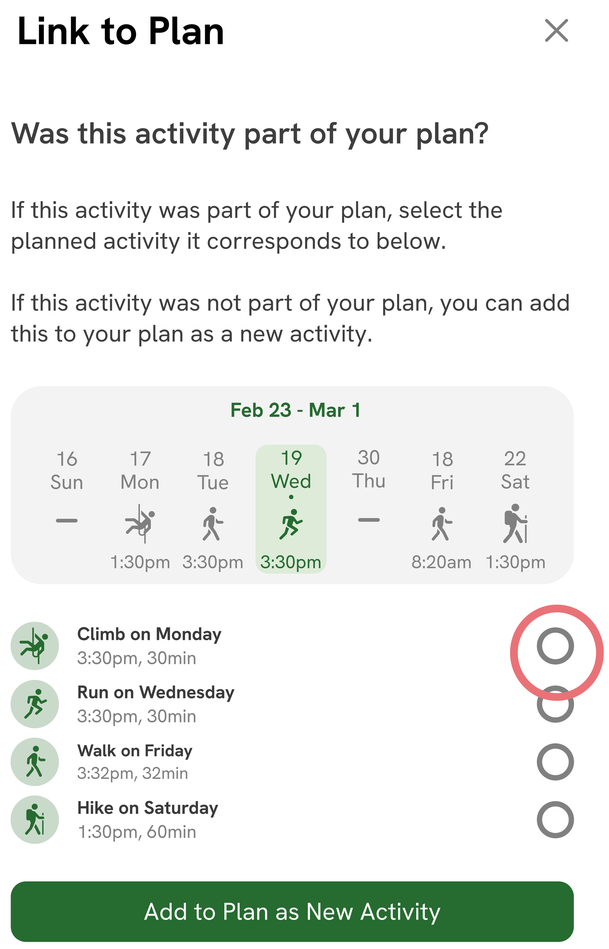
- Click Modify on the **Planned** workout
- Click “Did you record this activity on your wearable?”
- Select the activity/activities that are relevant to that planned workout.

Or alternatively:

- Click Modify on the **Bonus** workout
- Click “Link to Plan”
- Select the activity/activities that are relevant to that auto-linked workout.



Link Planned workout to wearable data



Link Bonus workout to Plan

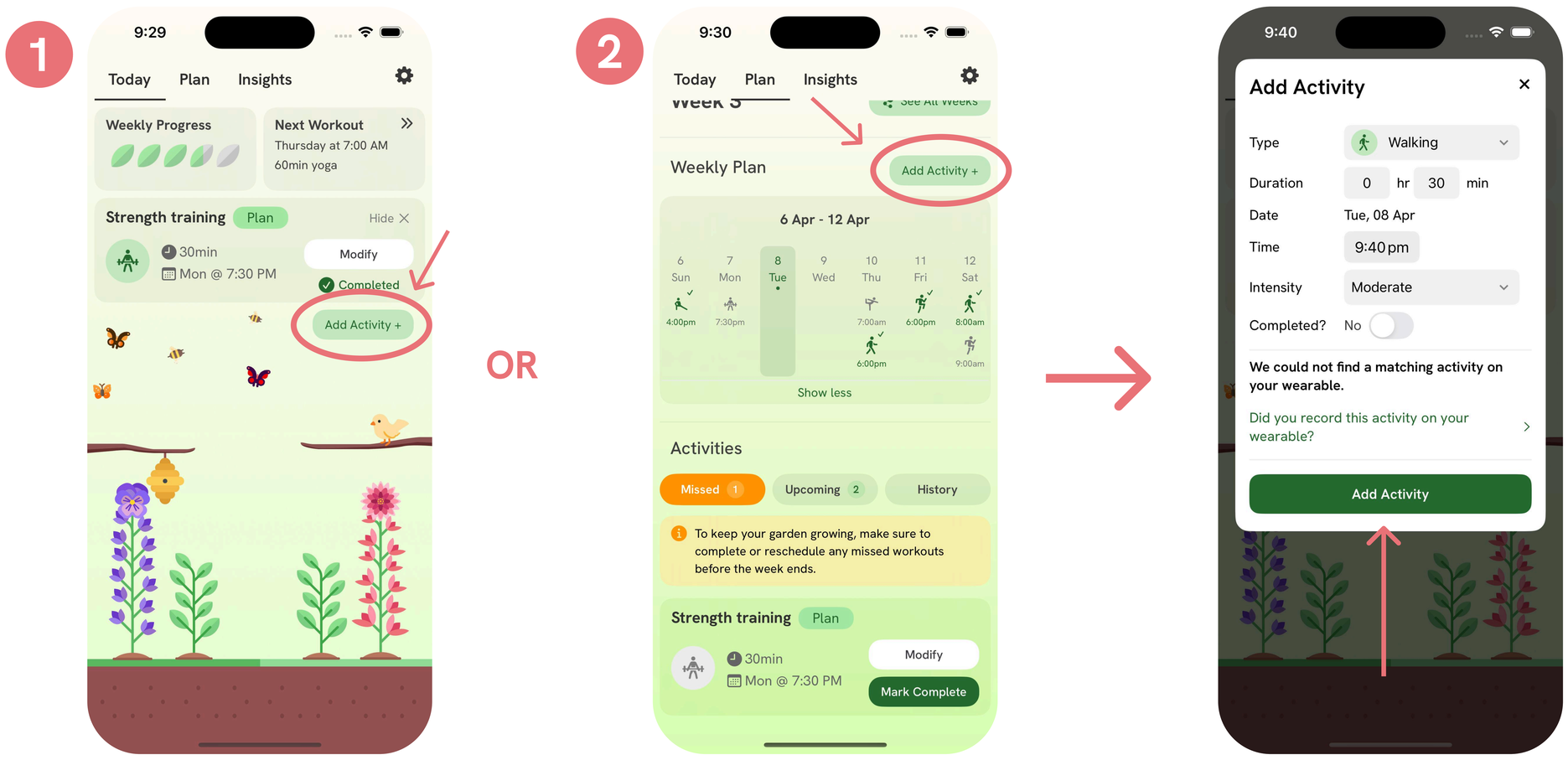
Workout Operations

Adding a workout

You create your plans during onboarding, or during check-in. However, you may add workouts your plan whenever you want, using the **Add Activity button**. There are two ways of doing so:

1. On the Today screen
2. On the Plan screen.

Both will add a workout under the selected day, of the selected type, duration, and intensity.

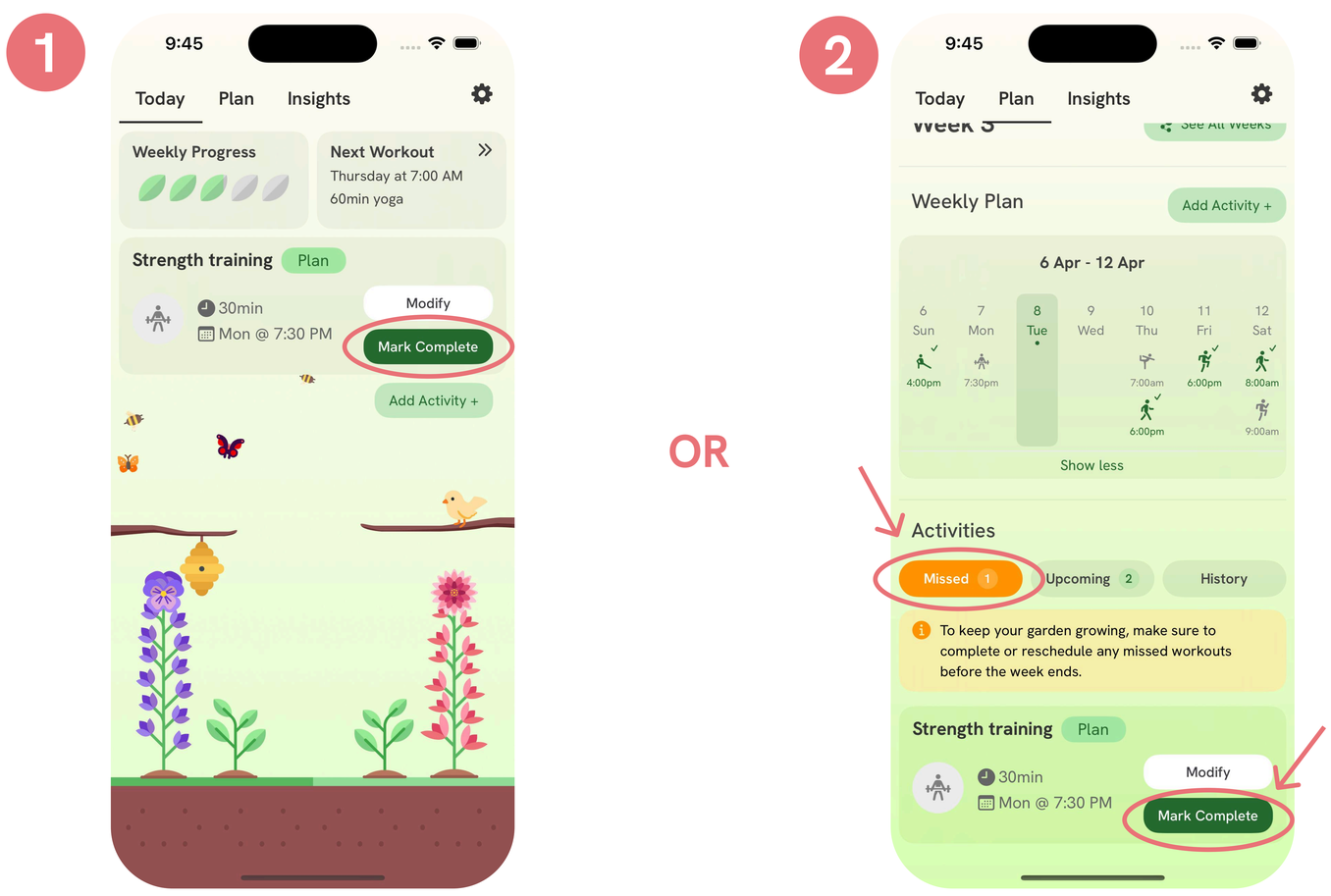


Marking workouts as complete

You can mark workouts complete on:

1. The Today screen
2. The Plan screen.

The Today screen will show you the workouts from the current day, and the Plan screen shows you Missed workouts through the tab, where you can mark workouts as complete if you've completed them.

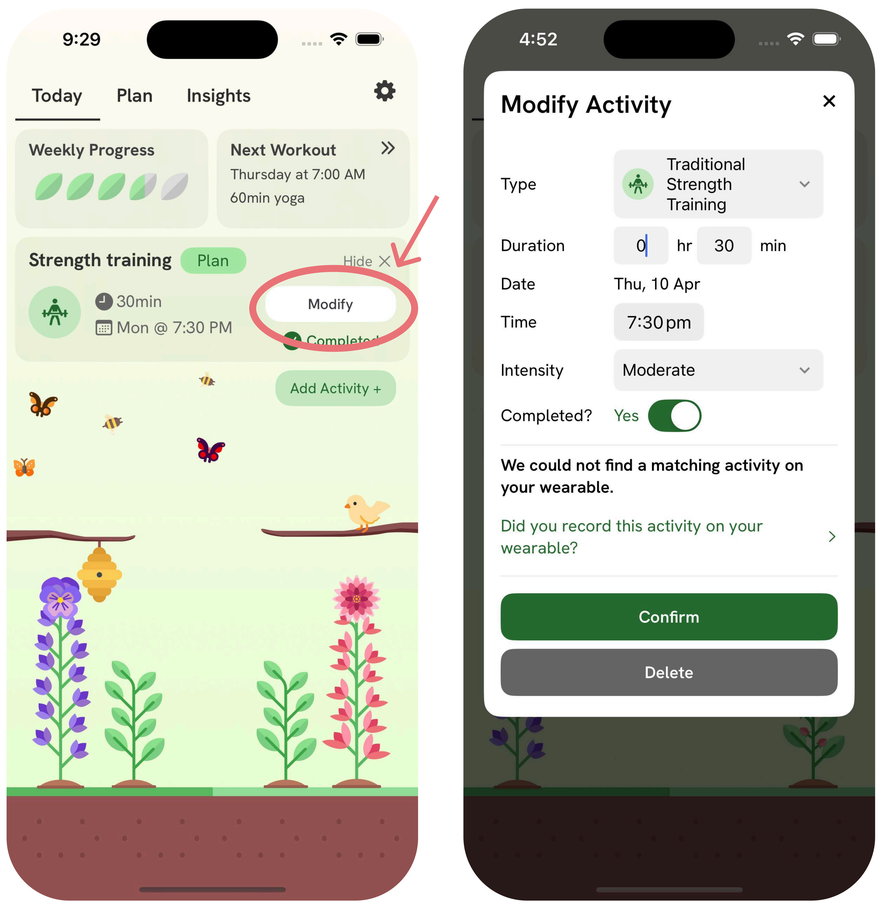


Modifying a workout

Sometimes you'd like to adjust a small aspect of a workout. To do so, you can click "Modify" on the card of the workout you'd like to adjust. You can change the:

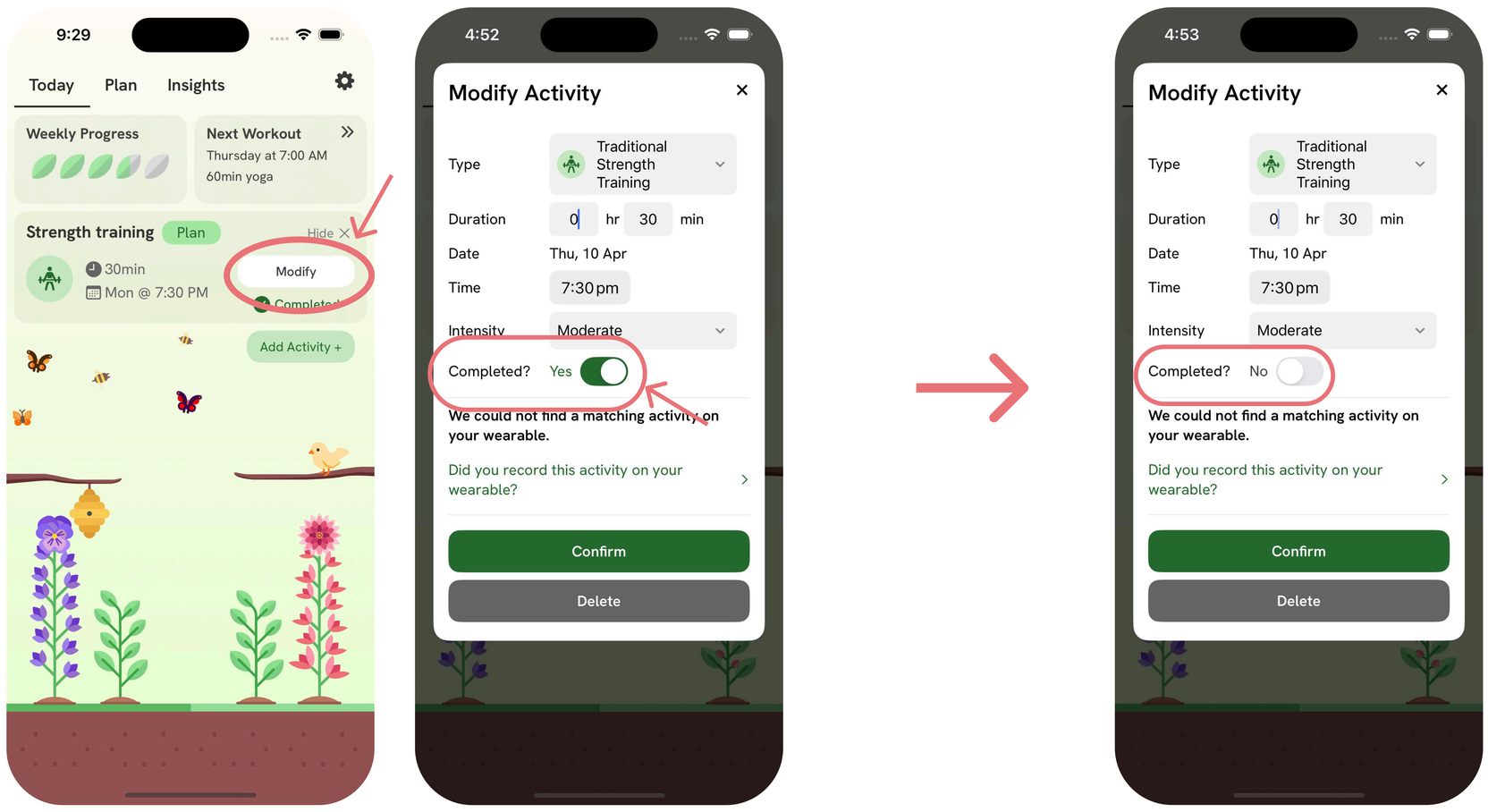
- Time
- Type
- Duration
- Intensity
- Whether or not it's completed,

OR you may delete the workout.



"I accidentally marked it complete!"

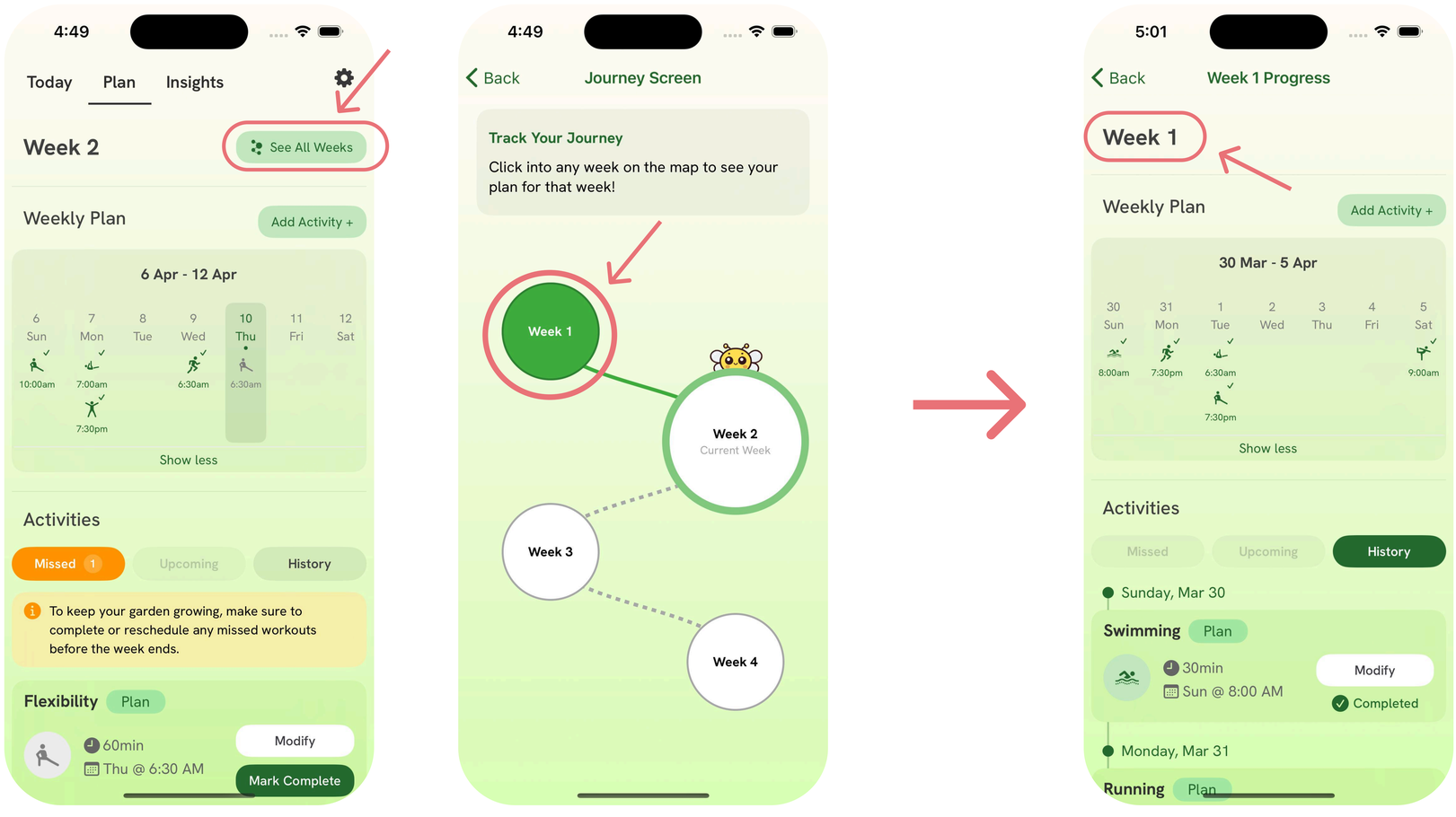
If you've accidentally marked a workout as complete, go through the same Modify flow and turn off the "Completed" toggle.



Plan Operations

Seeing other weeks' plans

You may want to see your progress from past weeks. You can do so via the "**See all weeks**" button on the **Plan** tab. You will see the current week highlighted. Note that future weeks will be empty.

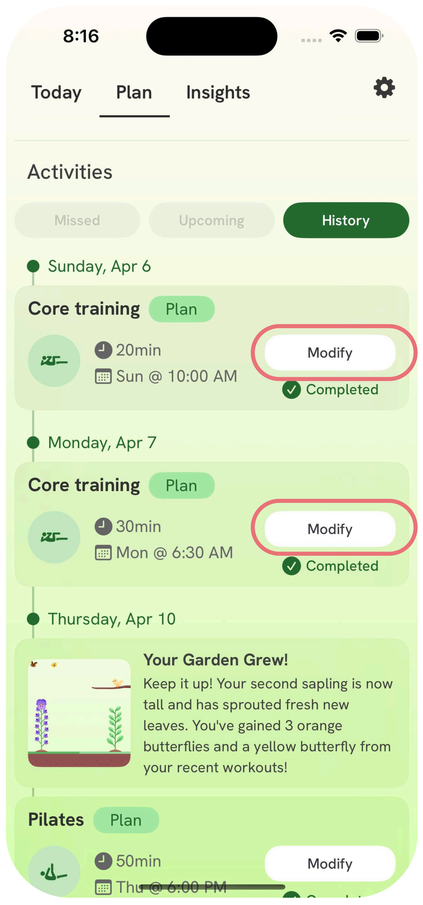


Adjusting your plan

The recommended way to adjust your plan is to chat with Beebo (explained on page 8), however you may simply use the app's interface to make minor changes.

To adjust your plan without chatting, you will need to Modify each activity in your plan individually. Go to the **Plan** tab in the app. To modify any activities or delete them, you may click "Modify"' on the card associated with that activity and make any modifications you like, including deleting them.

However, we discourage deleting workouts you have set to do, and encourage rescheduling them instead.

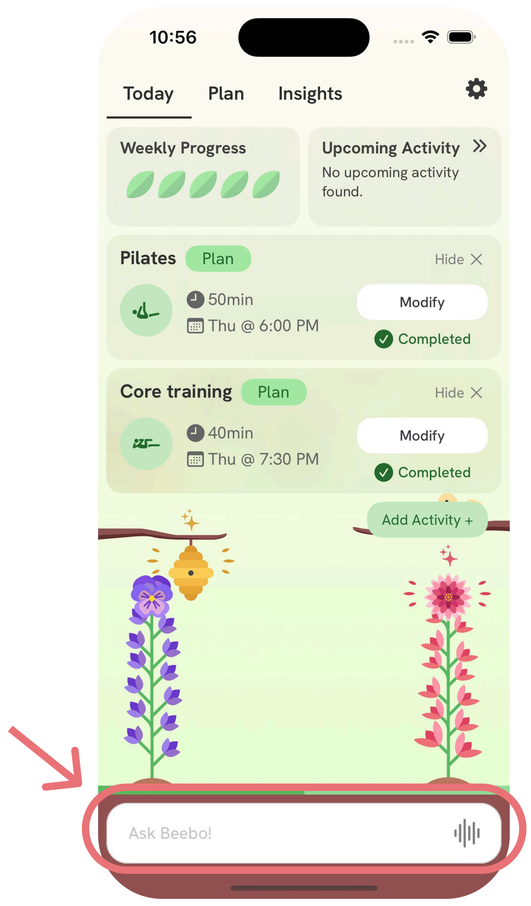


Chatting With Beebo

How to chat

Chats will happen automatically during your check-ins. However, you may choose to chat with Beebo any time using the chat bar on the **Today** tab and ask Beebo to:

1. Adjust your plan
2. Explain aspects of your plan
3. Help you plan around obstacles
4. Give you advice related to physical activity
5. And more.



Please keep in mind that chat bugs may happen. If you believe that there is something wrong with the chat functionality, **please reach out to the research team** at stanford.physical.activity.study@gmail.com.

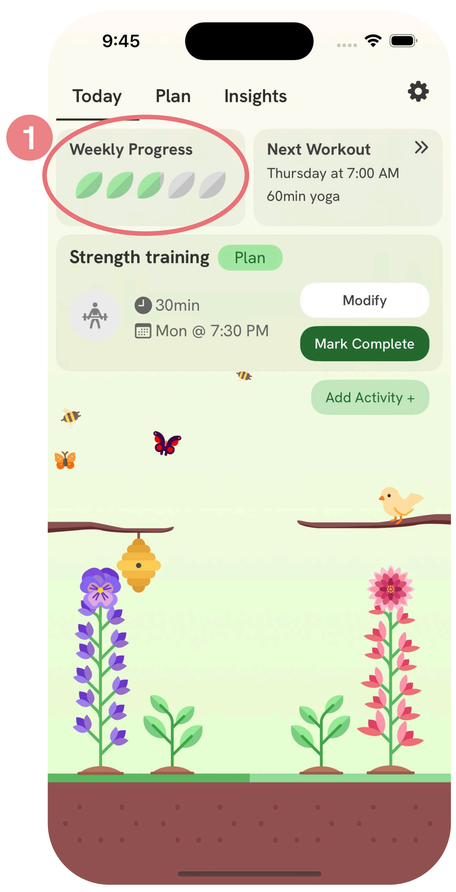
Troubleshooting

Note: we are developing a research prototype which is subject to bugs. Thank you for being patient if you do encounter bugs. You can always reach out to us at stanford.physical.activity.study@gmail.com if the bug you encounter is not covered here.

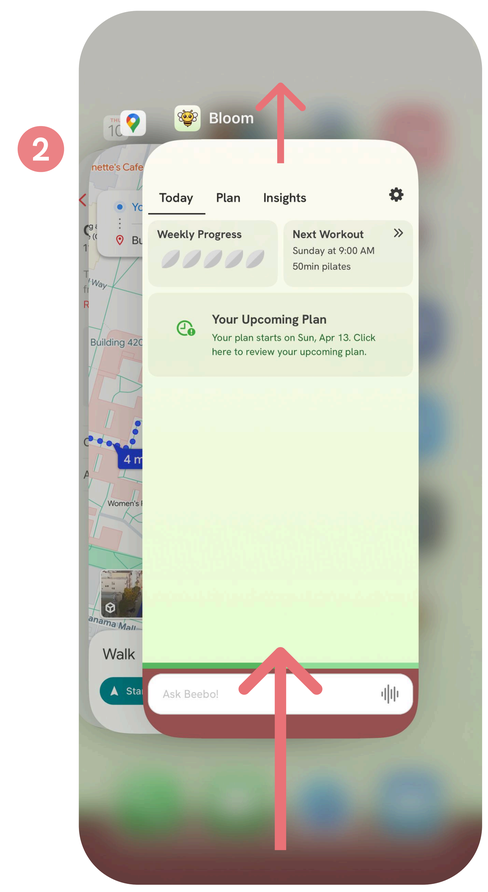
My garden didn't grow!

This could happen for two reasons:

1. Your garden grows every time you make an additional **20% progress** towards your weekly plan. This means a new fully completed leaf on your Weekly Progress widget on the Today screen. If you've completed a workout but have NOT completed an additional fifth of your weekly plan, your garden will not grow until you do so.
2. Sometimes, you just need to refresh the app. Swipe up from the bottom of your app, quit the app by swiping up again until the Bloom app disappears, and restart. Check to see if your garden has grown.



OR



My weekly plan is messed up!

This could happen for many reasons and in many different cases. If you feel like your plan is not progressing as it should, **please reach out to the research team** by emailing stanford.physical.activity.study@gmail.com.

I keep getting notifications from Shortcuts!

These notifications are very normal and expected. Please refer to the **Widget & Shortcut Guide** we have sent you as part of onboarding. It details how to go to Settings and turn off these notifications.

My iPhone wallpaper isn't updating correctly!

If your garden seems correct in the app but isn't updating for your wallpaper, try removing the shortcut in Shortcuts and restarting the **Widget & Shortcut Guide** video. If the error persists, please reach out to the research team.