

Enlyzr User Guide

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1 Enlyzr User Guide

1.1 1. Introduction

Welcome to Enlyzr: Personal Health & Activity Tracker, your comprehensive solution for tracking, analysing, and optimising all aspects of your daily life. This powerful application empowers you to:

- Record any type of activity with customisable categories
- Visualise your data through intuitive interfaces
- Gain valuable insights through detailed analytics
- Establish and maintain positive routines

This user guide provides detailed instructions for using every feature of Enlyzr, from basic activity tracking to advanced data analysis. Whether you're new to health tracking or an experienced user looking to maximise the app's capabilities, this guide will help you get the most out of Enlyzr: Personal Health & Activity Tracker.

1.1.1 Why Track Your Activities?

Activity tracking offers numerous benefits that can transform your approach to health and wellness:

- **Self-awareness:** Understand how you actually spend your time and energy
 - **Goal achievement:** Track progress towards personal objectives
 - **Pattern recognition:** Identify habits and trends that affect your wellbeing
 - **Motivation:** Visualise your progress and maintain consistency
 - **Optimisation:** Make data-driven decisions to improve your life balance
-

1.2 2. Getting Started: Onboarding Wizard

Welcome to Enlyzr! When you launch the application for the first time, our intuitive onboarding wizard will guide you through personalising your experience.

1.2.1 Setting Up Your Preferences

The onboarding process helps you configure essential settings in just a few simple steps:

1.2.1.1 Language Selection Choose from 17 available languages to use Enlyzr in your preferred language.

1.2.1.2 Regional Preferences Customise how information is displayed:

- Time format (12-hour or 24-hour)
- Date format
- First day of the week

1.2.1.3 Display Customisation Select your preferred:

- Application theme (light, dark, or system default)
- Day visualisation style for optimal viewing comfort

1.2.1.4 Location Services Configure location settings to enable location-based features and accurate activity tracking.

1.2.1.5 Feature Overview Explore what Enlyzr offers:

- **Core Features:** Discover the essential tools included with your app
- **PRO Features:** Learn about premium capabilities available with an upgrade

1.2.2 Ready to Begin

Once you complete the onboarding wizard, you'll be directed to the main Enlyzr: Personal Health & Activity Tracker interface, where you can start tracking your health journey immediately.

Tip: You can modify these settings anytime through the Settings menu within the application.

1.3 3. Understanding the Main Interface

The Enlyzr: Personal Health & Activity Tracker features an intuitive three-part interface designed for easy navigation and quick access to all features.

1.3.1 Interface Components

1.3.1.1 Top App Bar The top navigation bar provides essential controls and access to key functions:

- **Screen Title:** Displays the name of your current screen for easy orientation
- **View Customisation** (Eye icon): Adjust display settings specific to the current screen
- **Menu Options** (Three-dot menu): Access important configuration tools including:
 - Categories management
 - Units configuration
 - Settings
 - Reports generation
 - Import/Export functionality
 - Donation options

1.3.1.2 Screen Navigation Bar The customisable icon bar provides quick access to all main screens:

- **Fully Customisable:** Choose which screens to display and arrange them in your preferred order
- **Personalised Startup:** Set any screen as your default homepage when launching the app
- **Visual Navigation:** Each screen is represented by an intuitive icon for easy recognition

Pro Tip: Access

Settings to customise your navigation bar and create a personalised workflow that matches your tracking preferences.

1.3.1.3 Main Content Area The central workspace displays content based on your selected screen from the navigation bar. This dynamic area adapts to show:

- **Home:** Your day at a glance with comprehensive daily overview
- **Activities:** The core Enlyzr component for tracking and managing all your activities
- **Environment:** Record your location and environmental conditions
- **Statistics:** Visualise your metrics with detailed charts and analytics (22 graphs in Standard, 15+ additional graphs in PRO)
- **Calendar:** Choose from three viewing options (2 standard views, 1 PRO view)
- **Monitor:** Track and analyse your most important activities
- **Routines:** Configure and manage recurring activities
- **Daily Log:** Capture your thoughts and reflections
- **CxSearch (PRO):** Advanced contextual search with pattern recognition, correlation analysis, and causality insights

Each screen is optimised for its specific function whilst maintaining a consistent, user-friendly design throughout the application.

1.4 4. Additional Screens and Configuration Options

Access advanced features and configuration options through the three-dot menu in the top app bar. These essential tools help you customise and manage your Enlyzr experience beyond daily tracking activities.

1.4.1 Menu Options Overview

1.4.1.1 Categories Management Customise how you organise your data:

- Default main categories and categories are automatically created during initial onboarding in your selected language
- Add, remove, or modify main categories and subcategories
- Configure categories for both Activities and Environmental conditions
- Create a personalised tracking system that matches your lifestyle

1.4.1.2 Units Configuration Tailor measurements to your preferences:

- Default units are automatically created during initial onboarding based on your selected language and regional settings
- Add custom units for specific tracking needs
- Remove unused units to streamline data entry
- Adjust existing units to match your regional or personal preferences

1.4.1.3 Reports Generation (PRO) Create professional documentation of your health journey: -

- **General Reports:** Comprehensive overviews of your tracked data
- **Monitor Reports:** Detailed analysis of your most valuable activities
- **CxSearch Reports:** Advanced correlation and pattern analysis findings
- **Daily Log Reports:** Compilation of your thoughts and reflections
- Export formats available: DOCX and PDF

1.4.1.4 Import/Export Functionality Manage your data with confidence: -

- **Data Export:** Save all your data in CSV format for external analysis
- **Data Import:** Bring in data from CSV files
- **Database Backup:** Create complete backups of your entire database
- **Database Restore:** Recover your data from previous backups

1.4.1.5 Settings

Fine-tune your application experience:

- **Design:** Customise themes and visual preferences
- **Navigation:** Configure screen order and startup preferences
- **Database:** Manage data storage and optimisation
- **Privacy:** Control sensitive activities
- **Calendar:** Adjust calendar-specific settings
- **About:** View information about Enlyzr: Personal Health & Activity Tracker and its components

1.4.1.6 Donation Options

Support continued development:

- Purchase PRO version for advanced features
- Make donations to support the developer
- Access premium functionality

1.4.1.7 Help

Get assistance when you need it:

- Access comprehensive user guide content
 - Find answers to common questions
 - Learn tips and best practices for using Enlyzr effectively
-

1.5 5. Screens Overview

Explore the full functionality of Enlyzr through its dedicated screens, each designed to help you track, analyse, and improve your health and activities.

1.5.1 5.1 Home Screen

Your personalised dashboard providing a comprehensive view of your day at a glance.

Note: Whilst the Home screen may seem sparse during your first few days of tracking, it becomes increasingly valuable as you build your activity history. Give it time to collect data and watch as it transforms into a powerful overview of your daily patterns and progress.

Tip: The Home screen is primarily designed as a “day at a glance” view. For detailed activity addition and management, the

Activities screen provides more comprehensive tools.

1.5.1.1 General Overview Section

The purple header area displays your daily summary with engaging visual feedback:

Daily Statistics

- Total number of activities recorded today
- Count of environmental conditions logged
- Quick access buttons to add new activities or daily log entries

Motivational Visuals

Experience your progress through dynamic visual elements:

- **Growing Tree:** Expands as your daily activity count increases
- **Weather Indicator:** Improves based on environmental conditions recorded
- **Growing Grass:** Progresses with each day you exceed 30 activities

Getting Started

- After initial setup, if no activities exist, tapping “No activities yet” opens the import screen
- Import existing data to jumpstart your tracking journey

1.5.1.2 Quick Actions Area Streamline your tracking with intelligent shortcuts:

- **Hour-based Suggestions:** Context-aware activity recommendations based on time of day
- **Popular Categories:** Quick access to your most frequently used activity types

1.5.1.3 Upcoming Routines Stay on track with your scheduled activities:

- View routines due in the near future
- Get reminded of recurring activities before they're due
- Maintain consistency in your tracking habits

1.5.1.4 Current Streaks Celebrate your consistency:

- Show activities recorded periodically without interruption
- Visual representation of your ongoing achievements
- Motivation to maintain positive habits

1.5.1.5 Recent Activities Quick reference to your latest entries:

- View your most recently recorded activities
- Easy access for editing or reviewing past entries
- Understand your current tracking patterns

1.5.2 5.2 Activities Screen

The heart of Enlyzr where you record, manage, and track all your daily activities. This core component allows you to log everything from exercise and meals to medications and symptoms.

Note: Activities are used to record and measure “what you do”, whilst the

Environment screen records “where you do what you do” along with surrounding conditions. Together, they provide a complete picture of your daily life.

1.5.2.1 Top Navigation Controls The Activities screen features comprehensive navigation and filtering options at the top:

Time Period Selection

- **Month Picker:** Quickly navigate between months
- **Year Picker:** Jump to any year in your tracking history
- **Parts of Year:** View activities by quarters or other time segments

Important: Time period selections are synchronised across the entire application. When you change the date range here, it automatically updates in [Calendar](#), [Statistics](#), [Environment screens](#), and

Reports generation. Similarly, changing the time period in any of these screens will be reflected here, ensuring a consistent view throughout Enlyzr.

Filtering Options Use filtering to show or hide activities based on their various properties:

- **Available Properties:** Date, Time, Title, Comment, Category, Main Category, and Sensitive flag
- **Logical Operators:** Combine filters using AND, OR, and NOT operators
- **Advanced Filtering:** Create complex filter combinations to precisely control what activities are displayed
- **Exclusion Capability:** Hide specific subsets of activities that would otherwise match your main filter criteria

Filter Status Indicators When a filter is active:

- A green bar appears at the top of the activities screen
- Red text displays “Filter Applied” for clear visibility

- The filter icon changes from black to red
- Current filter settings are displayed in the status bar
- These visual cues prevent confusion by clearly indicating when filtering is active

This powerful filtering system allows you to create highly specific views of your data, making it easy to focus on exactly what you need to analyse.

Important: Filters applied in the Activities screen are automatically synchronised with [Calendar](#), [Statistics](#), and [Reports](#) screens, ensuring you work with the same dataset across these features. Changes to filters in any of these screens are reflected everywhere. Note that filtering is independent from the

Environment screen, as Environment tracks different types of data (environmental conditions rather than activities).

1.5.2.2 Main Activities Display Area The central area of the Activities screen displays your recorded activities with multiple customisable view styles:

Display Styles (configurable in [Settings](#))

- **Colour Alternation:** Activities displayed with alternating background colours for easier reading
- **Card-Based:** Each activity shown as an individual card with clear boundaries
- **Section Headers with Dividers:** Activities grouped with prominent headers and visual separators
- **Expandable Day Sections:** Collapsible daily groups for better overview and navigation

Customisation Options Access extensive visual customisation through [Settings](#) (via the three-dot menu):

- Colour schemes and themes
- Font sizes for improved readability
- Spacing and padding adjustments
- Additional display parameters to match your preferences

These display options ensure that you can view your activities in the way that works best for your needs and visual preferences.

Special Record Indicators Beyond the basic display styles, certain activities have distinct visual markers:

- **Day Headers:** Serve as visual separators grouping activities by day
 - Display day number, day name, month, and year
 - Show count of recorded activities for the day
 - Include number of scheduled routines for that day
- **Sensitive Activities:** Displayed with a red border, red eye icon, and “Sensitive” label for clear identification
- **Routines:** Shown with a light blue background and include “commit” and “discard” action icons
- **Highlighted Activities:** Long-press any activity to apply one of four highlight colours for custom organisation

Note: Additional details about these special features and their usage will be covered in dedicated chapters.

Adjustable Settings

Access display options through the Eye icon dropdown menu in the top app bar:

- **Blur Sensitive Content:** Blurs the names of activities flagged as sensitive, following privacy settings configured in [Settings/Privacy](#)
- **Show Routines:** Toggle visibility of routine records in the Activities screen
- **Show Comments:** Show or hide comments within activity records
 - Hiding comments maximises screen space for more activities, especially useful when comments are extensive

- **Show Conditions:** Display environmental conditions alongside activities, providing context about the conditions when activities occurred
- **Collapse All Sections:** Available when “Expandable Day Sections” visualisation is selected in [Settings](#)
 - Collapses or expands all daily sections simultaneously
 - When collapsed, only day headers are visible, providing a clean overview
- **Bulk Edit:** Enables bulk selection mode for editing or deleting multiple activities at once (see Bulk Edit Feature below)

These settings allow real-time customisation of how your activities are displayed without permanently changing your preferences.

1.5.2.3 Activities Operations Manage your activities with these essential operations:

Adding Activities

Create new activities using the floating “+” button at the bottom of the screen. This opens the “New Activity” dialogue with the following fields:

- **Date:** Pre-populated with today’s date (adjustable)
- **Time:** Pre-populated with current time (adjustable)
- **Activity Title:** Name your activity > **Best Practice:** Avoid quantification in activity names. Don’t create multiple activities with intensity levels in the name (e.g., “light headache”, “big headache”, “mild headache”). Instead, use one activity name like “headache” and quantify the level using the unit and value (e.g., Unit “scale” with value 0=no pain, 5=biggest pain)
- **Category:** Select from available categories or create new category, main category, and unit directly from this field
- **Value:** Enter relevant metrics or measurements
- **Comments:** Add optional notes or context

Smart Suggestions At the bottom of the New Activity screen, a suggestion area provides intelligent recommendations:

- Initially displays hour-based suggestions relevant to the current time
- When you select a category first, suggestions update to show previous activities from that category
- Tap any suggestion to quickly populate the activity fields

Adjusting Activities

Edit existing activities by simply tapping them. This opens the “Edit Activity” dialogue where you can:

- Modify any parameter of the activity (date, time, title, category, value, or comments)
- Update activity details whilst preserving historical data
- Delete the activity completely if needed
- Save changes or cancel to keep the original entry

Bulk Edit Feature

Access bulk editing through the Eye icon dropdown menu in the top bar:

- A red banner appears below the top bar with edit, delete, and dismiss controls
- Checkboxes appear next to each activity for selection
- Combine with filters to pre-filter activities before bulk selection
- **Edit Multiple:** Click the pencil icon in the red banner to open “Edit Selected Activities” dialogue
- Set any parameter to apply to all selected activities at once
- Efficiently update multiple records simultaneously
- **Delete Multiple:** Click the rubbish bin icon to delete all selected activities at once
- **Exit:** Dismiss bulk edit mode when finished

Tip: Use filtering first to display only the activities you want to bulk edit, making selection faster and more accurate.

1.5.2.4 Activity Options Access additional activity controls through long-press gestures:

Long Press Menu

Long-pressing any activity record opens the “Activity Options” dialogue with these convenient actions:

- **Copy Activity To Current Time:** Duplicate the activity with today’s date and current time
 - Speeds up activity creation for recurring events
 - Copies all properties (title, category, value, comments) exactly
 - Only updates the date and time to current values
- **Create Routine From Activity:** Convert the activity into a recurring routine
 - Ideal for activities that occur regularly at the same time (hourly, daily, weekly, etc.)
 - Routines appear in advance in your activities list
 - Simply commit the routine when completed or discard if it didn’t occur
 - Saves time by eliminating repetitive manual entry of regular activities
- **Include in Filter:** Add this activity’s properties to your current filter criteria
 - Opens a sub-dialogue to select what to include: activity title, category, or main category
 - Updates the view to show only activities matching your selection
 - Hides all non-matching activities for focused analysis
- **Exclude from Filter:** Remove this activity type from your filtered view
 - Opens a sub-dialogue to select what to exclude: activity title, category, or main category
 - Hides all activities matching your selection
 - Shows all other activities, useful for filtering out unwanted data
- **Highlight:** Apply one of four colour highlights to the activity for visual organisation
 - Opens a sub-dialogue to select what to highlight: activity title, category, or main category
 - Highlights matching activities whilst keeping all others visible
 - Colours are assigned automatically (up to 4 different colours)
 - Multiple highlights can overlap, showing all applicable colours on an activity
 - After 4 highlights are active, the option changes to “Clear all highlights”
 - Each highlight can be removed separately by long-pressing any highlighted activity and selecting “Remove highlight”
 - Provides visual context without hiding any data

These options provide quick access to common activity management tasks without navigating through multiple menus.

1.5.2.5 Landscape Mode Take advantage of wider screen orientation for enhanced activity comparison:

Split Screen View When rotating your device to landscape orientation:

- The screen splits into two independent halves
- Each half displays a complete activities view
- Both sides are independently scrollable
- Each side has its own day selection controls

Comparison Benefits

- View activities from two different days side-by-side
- Compare patterns between days, weeks, or months
- Identify differences and similarities in your daily routines
- Perfect for analysing activity trends over time

This dual-view capability makes it easy to spot patterns and compare your activities across different time periods.

1.5.3 5.3 Environment Screen (PRO)

The Environment screen allows you to record, adjust, and delete environmental conditions in which your activities occur. This feature serves as a complement to the

Activities screen, providing crucial context about where and under what circumstances your activities took place.

Understanding Conditions vs Activities

In the Environment screen, records are called “Conditions” rather than “Activities”. This distinction is important:

- **Continuous Nature:** Unlike activities, we are always in some environment, even when performing “no activity”
- **Duration Calculation:** Condition duration is automatically calculated from its logged start time until the next condition begins
- **Example:** If you log “at home” at 8:00 AM, this condition continues until you log a different condition. If no other condition is logged that day, “at home” spans from 8:00 AM to midnight
- **Activity Correlation:** Activities are matched to conditions based on the condition’s time span, showing which environment each activity occurred in

Core Functionality

- Record environmental conditions such as location, weather, air quality, and other surrounding factors
- Edit existing conditions to update or correct information
- Delete conditions that are no longer relevant
- View conditions integrated with activities (when “Show conditions” is enabled in Activities screen)

Familiar Interface The Environment screen operates with the same logic and features as the Activities screen:

- Time period selection and synchronisation
- Filtering with logical operators
- Bulk edit capabilities
- Copy to current time functionality
- Routine creation from conditions
- Highlighting system
- All display customisation options

Since these features work identically to their Activities screen counterparts, refer to the Activities screen documentation (Section 5.2) for detailed instructions on using these tools.

Note: Whilst Environment and Activities screens share the same interface features, their data remains separate. Environmental conditions provide context for activities but are tracked independently.

1.5.4 5.4 Statistics Screen

The Statistics screen provides graphical representation of your logged activities through comprehensive charts and graphs. This analytics dashboard offers immediate visual access to the most important patterns and trends in your activity data, enabling rapid assessment of your overall activity health and identification of areas requiring deeper analysis.

Screen Organisation

The Statistics screen is organised into five specialised tabs:

- Overview: High-level summary of your activity patterns
- Activities: Detailed analysis of individual activity types
- Categories: Aggregated data by category groupings
- Insights: Advanced correlations and trend identification
- Habits: Pattern recognition and consistency tracking

Available Visualisations

- **Standard Version:** Access to 22 comprehensive graphs
- **PRO Version:** Unlock 15 additional advanced graphs for deeper analysis

Customisation: Hide any graph by tapping the X in its top-left corner. To restore hidden graphs or manage visibility for all graphs, access the gear icon in the top app bar. This allows you to fine-tune the Statistics screen to display only the graphs most relevant to your needs, creating a personalised analytics dashboard.

Filter Integration Statistics automatically reflect your current filtering setup:

- Analyse your complete dataset when no filters are applied
- Focus on specific subsets of data using the same filters from Activities screen
- Instantly see how statistics change when different filters are applied
- Perfect for comparing different activity groups or time periods

The visual analytics help you understand your data at a glance, identify trends, and make informed decisions about your activities and habits.

1.5.4.1 Overview Tab The Overview tab serves as your analytics dashboard, providing immediate visual access to the most important patterns and trends in your activity data.

Available Graphs:

- 1. Activity Summary**
 - *How it works:* Provides high-level overview of activity statistics for selected time period, including total activities, categories used, and average activities per day
 - *Usefulness:* Quick monitor of activity levels and diversity, helping track overall engagement with different activities
- 2. Category Distribution**
 - *How it works:* Visualises how activities are distributed across different categories, showing which categories dominate your time
 - *Usefulness:* Understand where you're focusing time and effort, revealing potential imbalances in activity distribution
- 3. Recent Activity Trends**
 - *How it works:* Tracks frequency of activities over time, showing how activity logging patterns have changed recently
 - *Usefulness:* Identifies patterns in recent activity levels, helping spot trends, consistency, and changes in habits
- 4. Most Active Categories**
 - *How it works:* Ranks categories by activity frequency, showing which categories you engage with most often
 - *Usefulness:* Highlights most frequently used activity categories, giving insight into primary areas of focus
- 5. Weekly Activity Patterns**
 - *How it works:* Displays activity distribution across days of the week, showing when you tend to be most active
 - *Usefulness:* Reveals weekly rhythms and patterns, helping identify most and least active days
- 6. Activity Value Distribution**
 - *How it works:* Displays statistical distribution of activity values showing median, quartiles, range, and outliers for complete data spread view
 - *Usefulness:* Identifies typical range and variability of activity values, showing consistent vs. highly variable categories and highlighting unusual outlier values

1.5.4.2 Activities Tab The Activities tab provides detailed analysis of individual activity types and their patterns over time.

Available Graphs:

1. Activity Timeline

- *How it works:* Shows activities laid out on timeline for each day as dots positioned at their time of occurrence, with colour-coded legend indicating category
- *Usefulness:* Helps visualise when specific activities occur throughout the day, making it easier to identify patterns in daily routine and time allocation

2. Activity Frequency Trends

- *How it works:* Tracks activity frequency over time, showing how many activities you logged on each day
- *Usefulness:* Identifies periods of high and low activity, spot trends in recording consistency, and understand changing activity logging patterns

3. Activity Correlation Scatter Plot

- *How it works:* Connected scatter plot showing relationship between activity frequency and average duration over time, with chronological connections showing evolution
- *Usefulness:* Identifies patterns in changing activity habits - whether you tend to do fewer longer activities or more frequent shorter ones, and how this relationship shifts

4. Daily Activity Breakdown

- *How it works:* Displays activity values grouped by category for most recent 7 days, showing oldest days on left and newest on right with coloured segments indicating category values
- *Usefulness:* Provides clear visual breakdown of how activity values are distributed across categories each day, easily see dominant categories and chronological changes

5. Activity Time Distribution

- *How it works:* Breaks down when you perform activities throughout the day, categorising activities by hour
- *Usefulness:* Understand daily rhythms and when you're most active, valuable for scheduling new activities or identifying productivity patterns

6. Weekly Activity Patterns

- *How it works:* Displays activity frequency across different days of the week, aggregating all data to show which days you tend to be most active
- *Usefulness:* Reveals weekly patterns and identifies consistently more or less active days, allowing better schedule planning

7. Monthly Activity Distribution

- *How it works:* Displays how activities are distributed across months, aggregating data to show seasonal patterns in activity levels
- *Usefulness:* Identifies seasonal trends and patterns, revealing how different times of year affect habits and routines

8. Activity Value By Category

- *How it works:* Breaks down cumulative values of different activity categories, showing total value recorded for each category over selected time period
- *Usefulness:* Provides insight into which categories contribute most to overall activity value, understanding where you invest most time and effort

9. Most Common Activities

- *How it works:* Ranks activities by frequency, showing which specific activities you perform most often in selected time period
- *Usefulness:* Identifies most consistent habits and activities, giving clear picture of what dominates your routine

1.5.4.3 Categories Tab The Categories tab focuses on aggregated data by category groupings, helping you understand broader patterns in your activities.

Available Graphs:

1. Category Distribution

- *How it works:* Shows proportion of activities by category, with slice size representing either count of activities or their cumulative value in that category
- *Usefulness:* Visualise which categories dominate activities, making it easy to identify imbalances in activity distribution

2. Category Treemap

- *How it works:* Represents categories as nested rectangles with size proportional to activity count, showing main categories as larger sections containing subcategories
- *Usefulness:* Provides intuitive visualisation of activity distribution across categories and subcategories, making it easy to identify dominant activity groups and relative importance

3. Main Category Statistics

- *How it works:* Provides insight into high-level category groupings
- *Usefulness:* Understand distribution of activities across major life areas

4. Category Value Distribution

- *How it works:* Shows total cumulative value of activities in each category, with categories sorted by their total value
- *Usefulness:* Understand which categories contribute most to overall activity value rather than just count, revealing where you invest most effort

5. Comparative Daily View

- *How it works:* Direct comparison of different activity types on given day
- *Usefulness:* Useful for directly comparing different activity types such as work vs. leisure time or physical vs. mental activities

6. Category Growth Over Time

- *How it works:* Tracks how different categories have evolved over time, showing trends and patterns in category usage over months
- *Usefulness:* Reveals how focus on different activity categories has changed over time, helping identify shifting priorities and interests

7. Category Usage By Time Of Day

- *How it works:* Displays when you typically engage in activities of specific category throughout the day, showing hourly distribution patterns
- *Usefulness:* Understand daily rhythm for specific categories, revealing when you're most likely to engage in different types of activities

1.5.4.4 Insights Tab (PRO) The Insights tab offers advanced correlations and trend identification capabilities for deeper analysis.

Available Graphs:

1. Activity Correlations

- *How it works:* Shows relationships between activities of different categories, with each point representing a day where activities from both categories occurred
- *Usefulness:* Identifies which activities tend to occur together, revealing potential correlations and patterns in activity combinations

2. Activity Sequence Patterns

- *How it works:* Tracks the sequence in which you perform activities across days, revealing common patterns in the order of activities
- *Usefulness:* Understand activity flow throughout days, identifying common sequences and transitions between different types of activities

3. Activity Network

- *How it works:* Maps connections between different activities based on co-occurrence patterns, with activities that frequently occur together connected with stronger links
- *Usefulness:* Identifies hidden patterns and dependencies between activities, revealing which activities naturally group together or potentially influence each other

4. Cumulative Activity View

- *How it works:* Similar to line chart but area under each line is filled with colour, showing cumulative contribution of different activities
- *Usefulness:* Visualises overall trend of activities and total time spent, making it easy to see how they stack up together

5. Activity Balance Radar

- *How it works:* Displays multiple activity metrics on single visualisation using spiderweb-like layout, with each axis representing different aspect of activities

- *Usefulness*: Comprehensive view of activity profile across multiple dimensions at once, making it easy to identify strengths and improvement opportunities

6. Common Activity Pairs

- *How it works*: Identifies which specific activities frequently occur together on the same day, highlighting strongest connections between activities
- *Usefulness*: Reveals natural pairings in routine, showing which activities complement each other or tend to be performed together

7. Unusual Activities

- *How it works*: Identifies activities that deviate significantly from normal patterns, either by unusual values or unexpected timing
- *Usefulness*: Spot outliers in activity data that might represent unusual events, errors in tracking, or meaningful changes in behaviour

8. Activity Metrics Overview

- *How it works*: Provides key performance indicators for activity tracking, including consistency, frequency, and coverage metrics
- *Usefulness*: High-level view of activity tracking habits and overall engagement, helping assess how consistently you're recording activities

1.5.4.5 Habits Tab (PRO) The Habits tab focuses on pattern recognition and consistency tracking to help you build and maintain positive habits.

Available Graphs:

1. Activity Streak Analysis

- *How it works*: Tracks consecutive days where you've performed specific activities, calculating both current and longest streaks for each activity
- *Usefulness*: Track habit consistency and identify which activities you maintain most regularly, motivating you to keep up or build streaks

2. Activity Heatmap

- *How it works*: Grid where one axis represents time periods and other represents days or categories, with colour intensity showing activity level or frequency
- *Usefulness*: Perfect for visualising patterns of activity across time periods, making it easy to spot when certain activities are most frequent or intense

3. Habit Ranking Changes

- *How it works*: Tracks how relative ranks of most frequent activities change over time, with each line representing different activity showing position shifts
- *Usefulness*: Visualise how priorities shift over time, showing which activities are trending up in frequency and which are declining, revealing changing habits

4. Habit Consistency Distribution

- *How it works*: Combines elements of violin plots and beeswarm plots to show distribution of consistency values across different habits, with each dot representing activity instance
- *Usefulness*: Understand full distribution and variability of consistency for each habit, showing outliers, clusters, and patterns in habit performance

5. Routine Adherence

- *How it works*: Displays how well you've been following defined routines, showing percentage of routine occurrences you've completed
- *Usefulness*: Assess how consistently you're following predefined routines, highlighting areas where you may need to adjust routines or improve adherence

6. Habit Formation Progress

- *How it works*: Tracks progress in forming habits by measuring consistency over time, with reference to 66% threshold often cited for habit formation
- *Usefulness*: Monitor journey towards forming stable habits, using research-based metrics to show which activities are becoming ingrained in routine

7. Consistency Score

- *How it works*: Calculates overall consistency score based on how regularly you track activities, considering frequency, coverage of days, and activity variety

- *Usefulness*: Provides single metric to gauge overall tracking consistency and habit maintenance, helping understand big-picture habit strength

1.5.5 5.5 Calendar Screen

Enlyzr: Personal Health & Activity Tracker's calendar system transforms your activity data into powerful visual insights through multiple specialised views. Each calendar view serves specific analysis purposes and workflows, helping you understand patterns, track consistency, and optimise your life rhythms.

Available Views

- **Monthly View**: Traditional calendar grid showing full month overview
- **Weekly View**: Detailed week-by-week display for closer activity analysis
- **Daily Year View (PRO)**: Advanced visualisation showing entire year with daily activity indicators

Monthly vs Weekly View Differences

Monthly View

- Displays one complete month at a time
- Filtering applies only within the displayed month
- Traditional calendar layout familiar to all users

Weekly View

- Shows full year with each week on a single line
- Filtering works across any time period (days, months, or entire year)
- Compact visualisation for long-term pattern analysis

Information Displayed in Day Cells

Both Monthly and Weekly views show the following for each day:

- **Day Number**: The date within the month
- **Activity Count**: Number of activities recorded that day
- **Colour Background**: Based on highlighting thresholds (green for high, orange for low)
- **Moon Phases**: Icons for full moon and new moon
- **Daily Log Indicator**: Shows when Daily Logs have been written
- **Mood Icon**: Displays mood smiley if set in the Daily Log

This rich information density allows you to see multiple data layers at once, revealing patterns between activities, natural cycles, and personal reflections.

Calendar Settings

Access calendar customisation through the gear icon in the top bar:

Week Configuration

- **Start Day of Week**: Choose between Monday, Sunday, or Saturday
- Calendar views automatically adjust to your preferred week structure

Activity Highlighting

- **High Value Highlighting**: Set threshold for exceptional days
- Days exceeding this activity count are highlighted in green
- **Low Value Highlighting**: Set minimum activity threshold
- Days below this count are highlighted in orange
- Visual indicators help identify both highly productive and low-activity days at a glance

Location Settings for Daily View Configure location for accurate sunrise/sunset calculations:

- **Device Location**: Automatic detection (requires permission)
- **Manual Selection**: Choose from dropdown list of major cities (based on selected language)

- **Custom Coordinates:** Enter longitude and latitude manually

Location data enables:

- Sunrise and sunset times in day information
- Day/night visualisation with coloured bars in Daily Year View (PRO)
- Accurate temporal context for your activities

Daily Year View (PRO)

The Daily Year View provides an advanced visualisation showing an entire year with each day represented as a horizontal bar.

Day/Night Visualisation

- **Background Colours:** Dark grey represents nighttime, light grey represents daytime
- **Daylight Saving Time:** DST shifts are clearly visible with one-hour adjustments
- **Seasonal Changes:** Scrolling top to bottom reveals how days lengthen and shorten throughout the year
- Creates a beautiful visual representation of natural light cycles

Activity Display

- **Category Colours:** Each activity category has a unique colour
- **Precise Timing:** Activities positioned at exact time of occurrence
- **Pattern Recognition:** Easy to identify:
 - Daily activity patterns and routines
 - When you typically start being active
 - Which activities occur during day vs. night
 - Consistency of activities across days and seasons

Environmental Conditions Bar

- Second bar for each day displays environmental conditions
- Adds contextual dimension showing where activities occurred
- Reveals patterns in:
 - Typical locations at different times of day
 - How environment affects activity patterns
 - Relationships between place and activity types

This comprehensive view transforms a year of data into an intuitive visual story, revealing rhythms and patterns that would be impossible to see in traditional calendar formats.

Dynamic Filtering and Display

- **Adaptive Bar Length:** Coloured bars adjust to show only filtered time periods
- **Magnifier Effect:** When filtering specific hours, bars zoom to show just those hours
- **Enhanced Category Visibility:** Focused view makes activity categories more distinguishable
- **Landscape Mode:** Rotating to landscape orientation provides even better visual clarity
- This dynamic scaling acts like a magnifying glass, allowing detailed analysis of specific time periods whilst maintaining the year-long context

Day Detail View

Tapping any day in any calendar view opens a detailed day summary:

Astronomical Information (at the top)

- Sunrise time
- Sunset time
 - Solar noon
- Total day length

Category Summary

- List of all categories used that day
- Sum of values for each category
- Quick overview of day's activity distribution

Activity List

- Scrollable area showing all activities for the day
- Complete details for each recorded activity
- Chronological order for easy review

This detailed view provides comprehensive information about any selected day, combining natural time markers with your personal activity data.

Calendar Display Options

Access additional display settings through the Eye icon dropdown menu in the top bar:

Privacy and Content Controls

- **Blur Sensitive Content:** Blurs sensitive activities in day detail views
- **Show Comments:** Toggle visibility of activity comments in day details
- **Show Mood:** Display mood smileys from Daily Logs in calendar cells

Daily Year View Bar Options (PRO)

- **Activities Bar:** Show/hide coloured activity categories on timeline
- **Environmental Bar:** Show/hide environmental conditions on timeline
- Note: At least one bar must always be visible
- you can hide either bar individually, or display both bars simultaneously for comprehensive analysis

1.5.6 5.6 Monitor Screen

Focus on what matters most by tracking your most valuable activities. Set up dedicated monitoring for critical health metrics, habits, or goals that require close attention.

How Monitor Works

The Monitor screen consolidates activities from categories marked with the property “include in daily monitor”. This creates a focused dashboard for your most important tracking needs.

Initial Setup

- On first access, a dialogue appears to select which categories to monitor
- This dialogue can be reopened anytime via the gear icon in the top bar

Monitor Settings (gear icon)

Configure your monitoring experience:

1. **Category Selection:** Choose which categories to include in monitoring
2. **Daily Reminder Time:** Set a time for automatic monitor review reminders
 - Creates a routine to ensure consistent monitoring
3. **Historical Entries:** Configure how many previous values to display (up to 7)
 - Provides context for trend identification
4. **Surveillance Mode:** Toggle monitoring alerts On/Off
 - When enabled, displays a red banner in Activities screen if any monitored value exceeds 0
 - Based on the principle: 0 = “no issue”, higher values = worsening condition
 - Provides immediate visual alert for health concerns requiring attention

This system is designed for tracking health issues where zero represents optimal status and increasing values indicate deteriorating conditions.

Smart Organisation

- Activities are grouped by category for better organisation
- Within each category, activities are sorted by last recorded value
- Higher values (more problematic conditions) appear at the top
- No need to scroll through long lists
- current issues are always visible first
- Categories can be collapsed to hide activities when not needed

Correcting Mistakes If you enter a wrong value for a monitored activity, simply go to the Activities screen and edit the last occurrence of that particular activity with the correct value.

Monitor Display Each monitored activity shows:

- Activity name
- Up to 7 previous recorded values for trend visibility
- Value entry field for recording today's measurement

Efficient Data Entry

- Enter values for all monitored activities in one central location
- No need to visit multiple screens for daily critical measurements
- No need to create activities for monitored activities manually
- Activities are automatically created when you navigate away from the Monitor screen
- All monitored activities are handled at once in one place

Visualisation Options

Access 8 different visualisation types through the dropdown menu:

1. Basic View

- *How it works:* Shows your most recent entries alongside previous values in a simple list format, displaying raw data without additional processing or visual enhancements
- *Why it's useful:* Ideal when you need to see raw data without any processing. Best for precise value tracking when exact numbers matter more than patterns or trends

2. Trend Sparklines

- *How it works:* Creates mini line charts showing the trajectory of values over time. Lines connect data points chronologically to reveal patterns, trends, and direction of change
- *Why it's useful:* Perfect for identifying patterns over time. Quickly see if values are trending up, down, or fluctuating, making it easier to spot progress or decline at a glance

3. Colour Coded Changes

- *How it works:* Highlights increases in green and decreases in red. Each value is compared to the previous value, making it easy to identify changes at a glance
- *Why it's useful:* Best for tracking day-to-day changes and quickly identifying improvements or decreases. Colour coding eliminates manual calculation of differences

4. Progress Indicators

- *How it works:* Shows circular progress bars for each entry. Circles fill based on proximity to a dynamically calculated target (120% of average maximum value across similar activities)
- *Why it's useful:* Useful for goal tracking and visualising how close you are to targets. Provides motivation by showing clear visual progress towards objectives

5. Statistics Comparison

- *How it works:* Calculates and displays key statistical measures: average (mean), minimum, maximum, and trend percentage change from first to last entry
- *Why it's useful:* Excellent for understanding range and distribution of data. Helps identify outliers and understand overall performance trends across all tracked entries

6. Calendar Heat Map

- *How it works:* Shows a 4-week grid where each cell represents a day. Colour intensity indicates activity frequency, with darker greens showing more instances
- *Why it's useful:* Best for habits and frequency tracking. Identifies patterns in consistency, showing specific days of higher/lower activity and revealing weekly patterns

7. Consistency Indicators

- *How it works:* Measures value consistency by calculating standard deviation and coefficient of variation. Visualises as a consistency bar with qualitative assessment
- *Why it's useful:* Ideal for tracking consistency and stability. Perfect for metrics where stability matters (sleep, weight, etc.), helping identify variability in readings

8. Recent vs Average

- *How it works:* Compares most recent value against average of all previous values. Displays percentage difference and indicates increase or decrease
- *Why it's useful:* Contextualises latest value against historical performance. Shows if recent entry represents improvement or decline compared to typical values

Each visualisation provides a different analytical perspective on the same tracked data, allowing you to choose the view that best matches your monitoring and analysis needs.

The Monitor screen transforms routine tracking of important metrics into a streamlined, visual experience, ensuring you never miss recording critical data whilst maintaining awareness of trends and progress.

1.5.7 5.7 Routines Screen

Routines, as the name implies, are recurring activities or conditions that appear in the [Activities or Environment](#) screens. The Routines screen helps you manage these repetitive entries efficiently.

Screen Organisation The Routines screen features two tabs:

- **Activities Tab:** Manages routines for recurring activities
- **Environment Tab:** Manages routines for recurring environmental conditions

Creating Routines

You can create routines in two ways: 1. **From Routines Screen:** Tap the floating “+” button 2. **From Activity/Condition:** Long press on any activity or condition and select:

- “Create Routine from Activity” (in Activities screen)
- “Create Routine from Condition” (in Environment screen)

Routine Configuration

When creating a new routine, the following fields are required:

Mandatory Fields

- **Routine Name:** Descriptive name for the routine
- **First Occurrence Date:** When the routine should start
- **First Occurrence Time:** Time of day for the routine
- **Category:** Associated category for the routine
- **Value:** Default value for the routine

Scheduling Options - Repetition Frequency: Choose from:

- Hourly
- Daily
- Weekly
- Monthly
- Custom
- **Days Between Occurrences:** Set interval for custom frequencies
- **Retention Days:** How long old routine occurrences remain visible before automatic removal

Additional Settings

- **Enable Reminder:** Toggle On to receive Android notifications when routine is due
- **Routine is Active:** Control routine visibility
- Active routines appear in Activities/Environment screens

- Inactive routines remain in the list but don't generate occurrences
- Useful for seasonal routines that can be deactivated/reactivated as needed

Managing Existing Routines

- View all created routines in their respective tabs
- Edit any routine to modify its parameters
- Delete routines that are no longer needed
- Toggle active/inactive status for seasonal management

How Routines Work in Activity/Environment Screens

Visual Appearance

- Routines appear with a light blue background for easy identification
- Red tick icon: Commit routine function
- Black X icon: Dismiss routine function

Committing Routines

- Tapping the red tick transforms the routine into an actual activity/condition
- The routine record is replaced with a permanent activity record using all routine properties
- If committing at a different time than scheduled, you'll be asked to choose:
 - Use current time
 - Keep the originally scheduled time

Dismissing Routines

- Tapping the black X removes the routine from the current view
- The routine will reappear at its next scheduled occurrence

Reminder Notifications When reminders are enabled:

- Android notification appears at the scheduled time
- Notification includes options to commit or discard directly
- No need to open the app for quick routine management

Routine Settings (gear icon)

Access global routine settings through the gear icon in the top bar:

Future Visibility

- **Future Occurrences to Show:** Set how many occurrences appear in advance
- Example: Setting "1" shows:
 - 1 day ahead for daily routines
 - 1 week ahead for weekly routines
 - Proportionally for other frequencies

Committing Future Routines Configure behaviour when committing routines scheduled for the future:

- **Always use current date/time:** Commits with today's date and current time
- **Always use scheduled date/time:** Keeps the originally scheduled timing
- **Ask each time:** Prompts for choice with each future commit

Notification Permissions

- View current notification permission status
- Grant permissions if not set during onboarding
- Required for routine reminder notifications to function

1.5.8 5.8 Daily Log Screen

The Daily Logs feature provides a sophisticated journal and reflection system that complements your activity tracking with rich text documentation, mood tracking, and comprehensive daily reviews. This powerful tool

transforms routine logging into meaningful life documentation.

Understanding Daily Logs

Core Purpose and Philosophy

Daily Logs serve as the narrative thread that connects your quantified activities with qualitative insights, emotions, and contextual understanding. Whilst activities capture “what” you did, Daily Logs capture “how” you felt, “why” it mattered, and “what” you learned.

This integration of quantitative data with qualitative reflection creates a complete picture of your daily life, enabling deeper self-awareness and more meaningful pattern recognition than numbers alone could provide.

Key Components

- **Rich Text Editor:** Full WYSIWYG editing with comprehensive formatting options
- **Emoji Integration:** Express emotions and reactions with complete emoji picker
- **Auto-Save:** Continuous background saving ensures you never lose your thoughts
- **Full Screen Mode:** Convenient reading experience with:
 - Left/right swipe navigation between days
 - Distraction-free viewing of your reflections
- **Calendar Integration:** Days with logs are visually marked in all calendar views
- **Export Options:** Generate professional documents in PDF and DOCX formats

1.5.9 5.9 CxSearch Screen (PRO)

Advanced contextual search feature that finds activities based on complex criteria and provides surrounding context for pattern analysis.

Screen Organisation

CxSearch screen contains two tabs:

- **Search Options:** Configure search parameters and criteria
- **Results:** View search results with contextual information

After setting your search criteria in Search Options, tap the “Search” button at the bottom to execute the search. Results appear in the Results tab, and you can always return to Search Options to refine your criteria.

Core Functionality

CxSearch goes beyond simple searching by:

- Finding activities that match complex, multi-parameter criteria
- Displaying contextual information around matched activities
- Enabling pattern recognition across different time periods
- Supporting correlation analysis between different activity types
- Providing causality hints based on temporal relationships

This powerful tool helps you discover hidden patterns and relationships in your data that would be impossible to identify through simple browsing or basic filtering.

Context Types

CxSearch offers three types of context configuration:

1. **Events Count**
 - Define context by number of events before and after found activities
 - Configurable range for comprehensive analysis
2. **Time Range**
 - Set context by hours before and after found activities
 - Temporal proximity analysis for time-sensitive patterns
3. **Context Filter**

- Limit context to specific Categories or Main Categories
- Focus analysis on related activity types

Cause and Effect Analysis

Using context types strategically reveals different insights:

- **Before Context Only:** Shows potential causes of searched activities
- Answers: “What happened before this activity?”
- **After Context Only:** Shows potential effects of searched activities
- Answers: “What did this activity cause?”
- **Both Before and After:** Complete contextual picture

Practical Example Searching for “stomach pain” which was recorded as activity with:

- Context type: “Events count” set to 3 before
- Category filter: “food”

This will find all stomach pain occurrences and display the 3 food items consumed before each pain episode. This targeted search could reveal patterns like gluten intolerance by showing which foods consistently appear before stomach pain, helping identify dietary triggers for digestive issues.

Advanced Settings

Enable sophisticated analysis features:

- **Pattern Recognition:** Automatically identifies recurring sequences
- **Correlation Analysis:** Discovers statistical relationships between activities
- **Causality Hints:** Suggests potential causal relationships based on temporal patterns

These advanced features transform raw activity data into actionable insights about your health and behaviour patterns.

Results Tab

The Results tab provides comprehensive display of your search findings:

Results Header

- **Current Search Settings:** Summary of applied search criteria
- **Results Summary:** Total number of matches found
- **Display Format Options:** Choose how to view results

Three Display Formats

1. **Individual:** Each matched activity shown separately with its full context

Card Structure:

- **Header:** Found activity name with highlighted search pattern
- **Activity Details:** Date/time, category, and value

Card Body:

- **Context Summary:** Overview of contextual findings
- **Timeline Graph:** Visual representation showing:
 - Matched activity in the centre
 - Contextual activities before and after
 - Time distances between activities

Contextual Details:

- Complete list of activities before the match
- Complete list of activities after the match
- Each showing: name, category, value, and time distance from searched activity

Analytics Section:

- **Pattern Recognition Results:** Identified recurring patterns
- **Correlation Analysis Results:** Statistical relationships found
- **Contextual Statistics:** Summary metrics
- **Sorting Options:** By confidence percentage, recency, or A-Z
- **Iterative Search:** Pattern recognition findings can be searched again for deeper analysis

2. **Aggregate:** Combined view showing patterns across all matches

Activity Frequencies:

- Lists frequently occurring activities around search terms
- Shows count of each finding relative to total findings
- Displays percentage for each activity occurrence

Category Patterns:

- Common categories appearing before searched activity
- Common categories appearing after searched activity
- Presented in percentage form for easy comparison

Time Patterns:

- **Average and Median Times:** When activities typically occur relative to search term
- **Time of Day Distribution:** Percentage breakdown by:
 - Early morning
 - Morning
 - Afternoon
 - Evening
 - Night
- **Day of Week Distribution:** Frequency for each weekday

Value Patterns:

- Comparison of values across found activities
- Value distribution analysis
- Helps identify typical ranges and outliers

Frequent Sequences:

- Common activity pairs that occur together
- Percentage showing how often each pair appears
- Reveals typical activity combinations and workflows

3. **Show in Activities Screen:** Navigate to

Activities screen with results highlighted

Colour-Coded Highlighting:

- **Red:** Matched activities (search results)
- **Blue:** Context activities occurring before matches
- **Green:** Context activities occurring after matches
- All non-relevant activities are hidden for focused view

Results Banner:

- Appears at top of Activities screen
- Shows “CxSearch results applied” notification
- Includes “Clear” button for result management

Clear Options: When tapping Clear, choose between:

- **Full Clear:** Removes all results and restores normal Activities view
- **Keep Highlights:** Clears filtered view but maintains colour highlights
 - Shows all activities again with highlights preserved

- Allows discovery of additional context
- Use standard highlight removal to clear colours later

This view option bridges advanced search with familiar Activities screen navigation, making it easy to explore search results in their natural context.

These flexible viewing options allow you to analyse findings from different perspectives, whether examining specific instances or identifying overall patterns.

1.5.10 5.10 Categories Management Screen

The Categories screen provides comprehensive management of both activity categories and environmental categories through a sophisticated two-tab interface. This is where you organise, filter, and maintain your category system.

Screen Organisation

- **Activities Tab:** Manage categories for activity tracking
- **Environment Tab:** Manage categories for environmental conditions
- Default categories are automatically created during initial onboarding in your selected language

Core Functions

- Create custom main categories and subcategories
- Edit existing categories to refine your tracking system
- Delete unused categories to maintain a clean interface
- Configure category properties including “include in daily monitor”
- Adapt the category structure to your evolving needs

The Categories Management screen ensures your tracking system remains organised and relevant to your changing lifestyle and health monitoring requirements.

Key Principle: Your category structure should directly support your primary intention. Different purposes require different organisational approaches.

Note on Multiple Categories: You can create multiple categories with the same name as long as they differ in at least one parameter (such as Unit or Main Category). This flexibility allows you to track the same activity in different contexts. For example, you might have two “Exercise” categories - one with the unit “minute” to focus on duration, and another with the unit “kilometre” to focus on distance performance. This enables more nuanced tracking based on your specific goals.

Activities Tab Features

The Activities tab provides comprehensive management of activity categories:

1. **Category Display Options:**
 - Categories grouped by main category with statistics
 - Each category shows activity count in parentheses (e.g., “Running (15)”)
 - Main category headers show sub-category count and total activity count
 - Visual hierarchy with clear grouping and spacing
2. **Filtering System:**
 - **Filter Menu:** Access via filter icon (turns red when active)
 - **ALL:** Show all categories (default view)
 - **Sensitive:** Show only categories marked as sensitive
 - **Monitor:** Show only categories included in daily monitors
 - **Main:** Show only main categories for management
 - Filter state persists across app sessions
3. **Category Cards:**
 - **Title and Activity Count:** Category name with usage statistics
 - **Unit Information:** Displays assigned measurement unit and abbreviation
 - **Visual Indicators:**
 - Red border for sensitive categories

- Sensitive label with visibility icon
 - Monitor inclusion indicator with timeline icon
 - **Action Buttons:** Edit (blue) and Delete (red) icons
4. **Main Category Management:**
- Separate section for managing main categories
 - **Used Main Categories:** Cannot be deleted, shows statistics
 - **Unused Main Categories:** Can be deleted, shown in grey
 - Statistics show sub-category count and total activity count
 - Edit functionality available for all main categories

Environmental Tab Features

The Environmental tab manages categories for environmental condition tracking:

1. **Environmental Categories:**
 - Similar card-based interface to Activities tab
 - Each category shows conditions count in parentheses (e.g., “Inside (10)”)
 - Grouped by environmental main categories
 - Sub-category count displayed for main categories
2. **Environmental Main Categories:**
 - Separate management similar to activity main categories
 - Used vs. unused environmental main categories
 - Edit and delete functionality where appropriate
 - Statistics show sub-category count and total conditions count
3. **Environmental Category Cards:**
 - Category title and unit information
 - Edit and delete actions available
 - No activity counts or sensitive/monitor indicators
 - Focused on environmental condition management

Category Management Actions

1. **Adding New Categories:**
 - Floating Action Button (+) in bottom-right corner
 - Opens category creation screen
 - Tab-specific: adds to currently selected tab type
2. **Editing Categories:**
 - Tap edit icon on any category card
 - Opens edit screen with current category data pre-filled
 - Modify title, main category, unit, sensitivity, monitor inclusion
3. **Deleting Categories:**
 - Tap delete icon to trigger confirmation dialogue
 - **Category Deletion:** Confirms with category name
 - **Main Category Deletion:** Only available for unused main categories
 - Permanent action with clear warning messages
4. **Confirmation Dialogues:**
 - Standard deletion confirmation for categories
 - Main category deletion confirmation for unused categories
 - Environmental category deletion confirmation
 - All dialogues show item name and require explicit confirmation

1.5.11 5.11 Units Configuration Screen

The Units screen manages measurement units used throughout the application for quantifying activities and conditions.

Unit Definition Each unit consists of:

- **Unit Title:** Full name of the measurement (e.g., “kilometres”)

- **Abbreviation:** Short form for display (e.g., “km”)

Units Display The main screen shows all defined units with:

- **Usage Statistics:**
- Number of categories using the unit
- Number of activities recorded with the unit
- **Action Buttons:**
 - Edit (blue pencil icon)
 - Delete (red bin icon)

Unit Management

Adding Units:

- Tap the floating “+” button
- Enter unit title and abbreviation in the Add Unit screen
- Save to make the unit available for categories

Editing Units:

- Tap the edit icon on any unit
- Modify title or abbreviation as needed
- Changes automatically update across all associated categories and activities
- Safe to edit even when unit is actively in use

Deleting Units:

- Only available for unused units
- Confirmation dialogue prevents accidental deletion
- Units in use cannot be deleted to maintain data integrity

Default units are automatically created during initial onboarding based on your selected language and regional settings, ensuring you have common measurements ready to use.

1.5.12 5.12 Reports Screen (PRO)

Generate professional documentation of your journey with customisable reports in multiple formats.

Report Types

1. **General Report:** Comprehensive overview including all activities
2. **Monitor Report:** Focused on monitored activities with relevant details
3. **CxSearch Report:** Complete search results including:
 - Individual view details
 - Aggregate analysis
 - Activities view details
4. **Daily Log Report:** Diary-style compilation of your daily logs and reflections

Report Configuration

Time Period Selection:

- Last Week
- Last Month
- Last Quarter
- Last Year
- Custom Period (select specific date range)

Report Context Options:

- **Include Charts and Graphs:** Visual representations of your data
- **Include Detailed Activity Logs:** Complete activity entries
- **Include Environmental Data:** Contextual environmental conditions

- **Include Routine Performance:** Routine completion statistics
- **Use Current Filter:** Apply active filters to report data

Export Options

Formats Available:

- **PDF:** Universal format for viewing and printing
- **DOCX:** Editable format for further customisation

Distribution Methods:

- Save locally on device
- Share via Android Share function to:
- OneDrive
- WhatsApp
- Outlook
- Any compatible app on your device

Language Support All reports are automatically generated in your selected language, ensuring consistency with your app interface and making reports accessible for sharing with healthcare providers or personal records in your preferred language.

1.5.13 5.13 Import/Export Screen

The Import/Export screen provides comprehensive data management capabilities, allowing you to export and import data in CSV format, as well as perform complete database backups and restores.

Export/Import vs Backup/Restore

CSV Export/Import:

- **Export Contains:** Activities, conditions, and daily logs only
- **Import Process:**
 - Reads data from selected CSV file
 - Automatically skips duplicate entries
 - Creates necessary categories, main categories, and units
 - Imports conditions and daily logs
 - Adds to existing data without replacing

Database Backup/Restore:

- **Backup Contains:** Complete database with all settings and data
- **Sync Function:** Ensures all data is flushed from memory to database before backup
- **Restore Process:**
 - Replaces entire database
 - Requires app restart after restoration
 - Complete system state recovery

Key Features

Data Export:

- Save activities, conditions, and daily logs to CSV format
- Useful for external analysis or sharing specific data
- Maintains existing app configuration

Data Import:

- Intelligent duplicate detection prevents data redundancy
- Automatic creation of supporting structures (categories, units)
- Seamless integration with existing data

Database Operations:

- **Backup:** Create complete snapshots of your entire system
- **Sync:** Force memory-to-database synchronisation for consistency
- **Restore:** Return to any previous backed-up state

Best Practices

- Perform regular database backups to protect your data
- Use export for sharing or analysing specific datasets
- Use backup before major changes or app updates
- Store backups in multiple locations for safety

1.5.14 5.14 Settings Screen

Personalise your Enlyzr experience through comprehensive configuration options organised into six main categories.

1.5.14.1 Design Settings Language - Select from 17 available languages

Regional Settings

- **Time Format:** 12-hour, 24-hour, or System default
- **Date Format:** American (MM/DD/YYYY), European (DD/MM/YYYY), ISO (YYYY-MM-DD), or System
- **First Day of Week:** Monday, Sunday, or Saturday

Day Visualisation Style Choose how activities are displayed:

- Colour Alternation
- Card Based
- Section Headers with Dividers
- Expandable Day Sections

Expandable Section Settings - Expand Sections by Default: ON/OFF

Activity Border Settings

- **Show Border Around Activities:** ON/OFF
- **Border Thickness:** 0-3dp
- **Border Colour:** Blue, Green, Orange, Purple, Grey, or Black

Navigation Scrollbar (Activities & Environment)

- Always Show When Scrolling
- Show on Demand
- Disabled

Bulk Edit Mode Colours

- **Action Bar Background Colour:** Red, Blue, Orange, Purple, or Green
- **Action Bar Content Colour:** White or Black

Theme Settings

- Light Theme
- Dark Theme
- System Theme (follows device settings)

Display Density

- **Line Spacing Between Activities:** 0-12dp
- **Card Internal Padding:** 4-16dp
- **Text Display Density:** Compact, Normal, or Expanded

Compact Display Options

- **Use Compact Day Headers:** ON/OFF
- **Remove Date Group Spacing:** ON/OFF
- **Show Activity Icon:** ON/OFF
- **Show Comments:** ON/OFF

Advanced Font Size Controls

- **Activity Title Font:** 12-20sp
- **Activity Details Font Size:** 10-18sp
- **Activity Value Font Size:** 12-20sp
- **Time Display Font Size:** 6-16sp

1.5.14.2 Navigation Settings Navigation Bar Configuration

- **Show Icons:** ON/OFF
- **Icon Management:** Reorder icons and toggle individual screen visibility
- **Default Startup Screen:** Select which screen opens when launching the app

1.5.14.3 Database Settings Database Management

- **Clear All Activities:** Remove all activity records
- **Purge Database:** Complete database cleanup
- **Cleanup Main Categories:** Remove unused main categories
- **Database Statistics:** View storage usage and record counts

1.5.14.4 Privacy Settings Sensitive Content

- **Blur Sensitive Activities:** ON/OFF
- **Show First Letter of Sensitive Activities:** ON/OFF
- **Startup Visibility Behaviour:**
 - Always Blur
 - Always Show
 - Remember Last Setting

1.5.14.5 Calendar Settings Default Calendar View

- Monthly Grid
- Weekly Rows

Start Day of Week

- Monday
- Sunday
- Saturday

Enable Activity Highlighting

- **Enable High Value Threshold:** ON/OFF
- **High Value Threshold:** Number picker for exceptional day marking
- **Enable Low Value Threshold:** ON/OFF
- **Low Value Threshold:** Number picker for low activity day marking

Location Settings

- **Use Location for Astronomical Data:** ON/OFF
- Enables sunrise/sunset calculations and day/night visualisation

1.5.14.6 About Information and Actions

- Developer Information
- User Guide button
- Show Onboarding Wizard button

- Donate button
- Reset Settings to Defaults
- Privacy Policy for Enlyzr: Personal Health & Activity Tracker
- Open Source Licences

This comprehensive settings system allows you to tailor every aspect of Enlyzr to match your preferences, from visual appearance to privacy controls, ensuring the app works exactly how you need it.

1.5.15 5.15 Donation Screen

Support Enlyzr development:

- Upgrade to PRO version for advanced features
- Make voluntary donations to the developer

1.5.16 5.16 Help Screen

Access support resources: - Browse the complete user guide