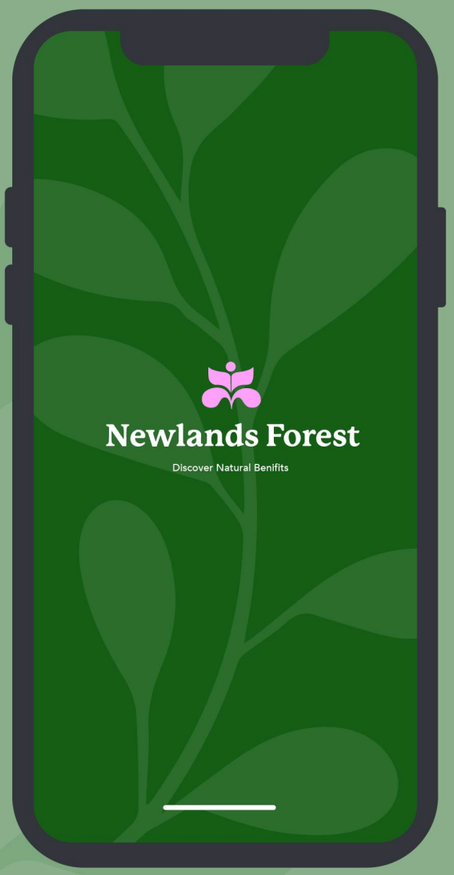
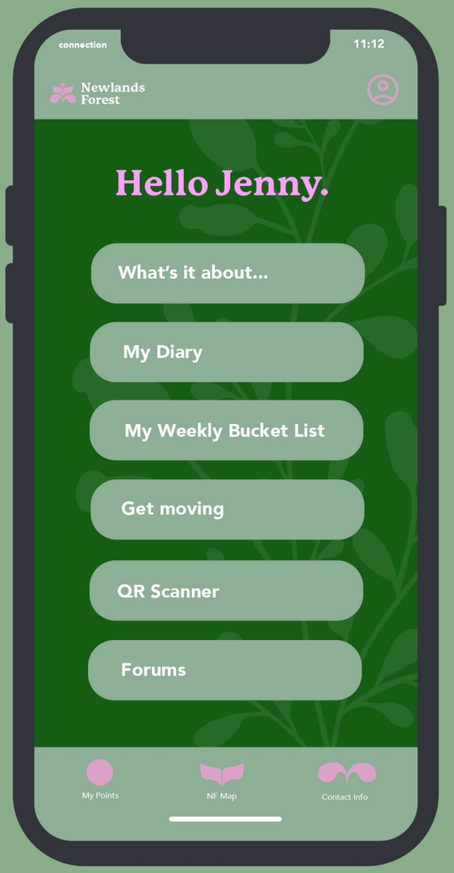
The Mobile App

Newlands Forest





Walk/Run
Today's Challenge
Complete a 5km run in 40 minuets
- Begin at Newlands eneterence
- Take the Littlewart Trail
- Set your timer
- Feel the breeze and increase your heart-rate!
Your stats:
2.5km complete
3001 steps Completed
20 mins
My Diary
Newlands Forest
Todays date: / /
Dear diary...
Add Your Thoughts...
Today my goals were:
Add Your Thoughts...
Today's mood:
Visual Discovery:
Sydney P
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Reply
09/06/2024
Matt T
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Reply
01/06/2024
Lola S
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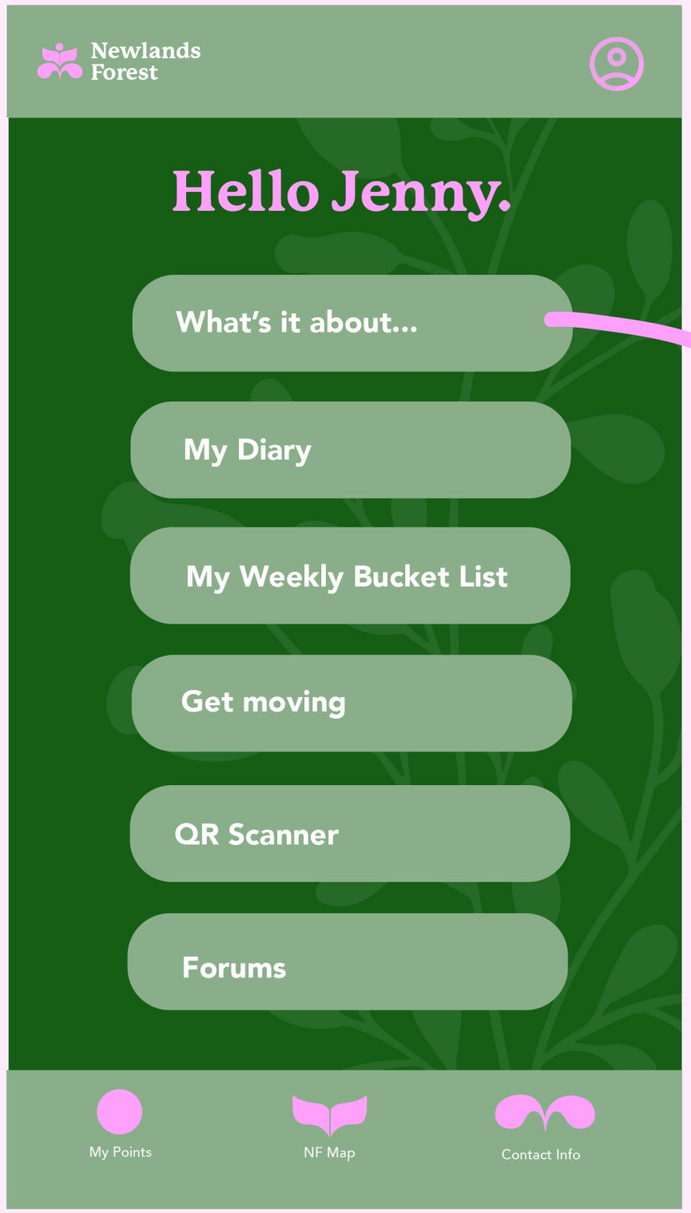
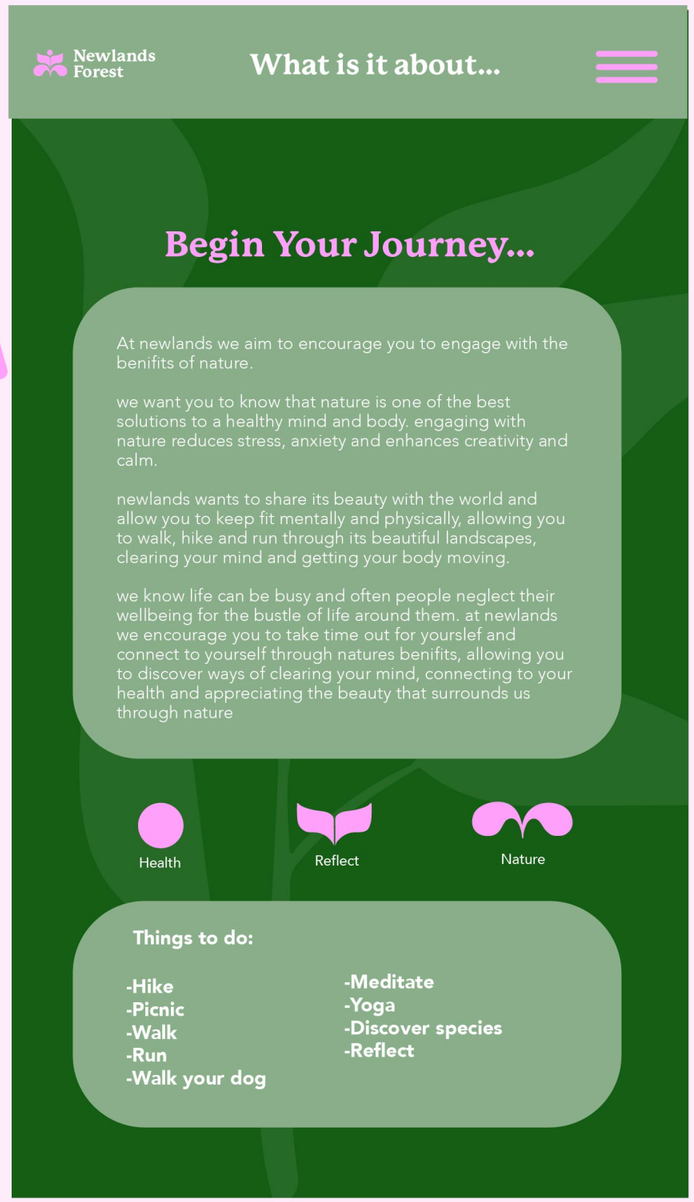
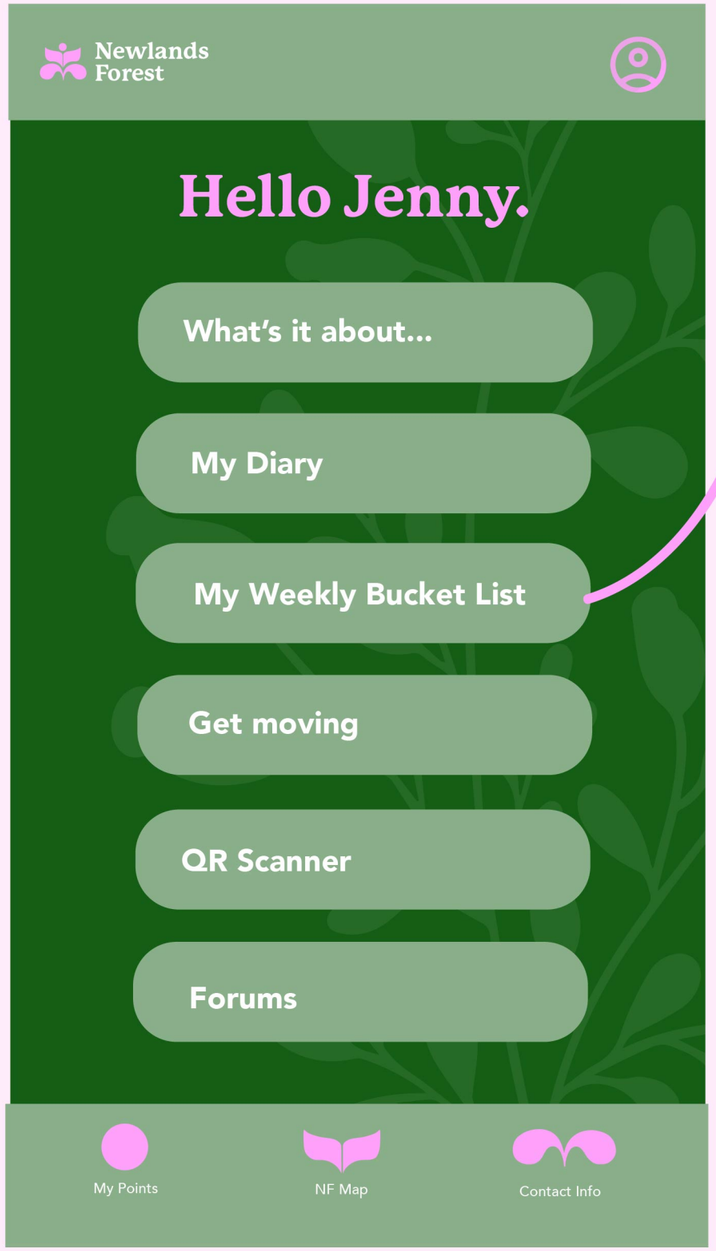
Reply
25/05/2024
Add Your Thoughts...
Hello Jenny.
What's it about...
My Diary
My Weekly Bucket List
Get moving
QR Scanner
Forums
Contact Info
NF Map
My Points
Forums
Weekly Bucket List
Week 22
Week of the 10th of June.
Weekly Quote:
"And into the forest I go, to lose my mind and find my soul."
John Muir
Goals:
1) Drink 5L of water
2) Walk 6kms in a day
3) Spot 2 new plant/animal species
Notes:
Add Your Thoughts...
May < June > July
Newlands Forest
Discover Natural Benifits



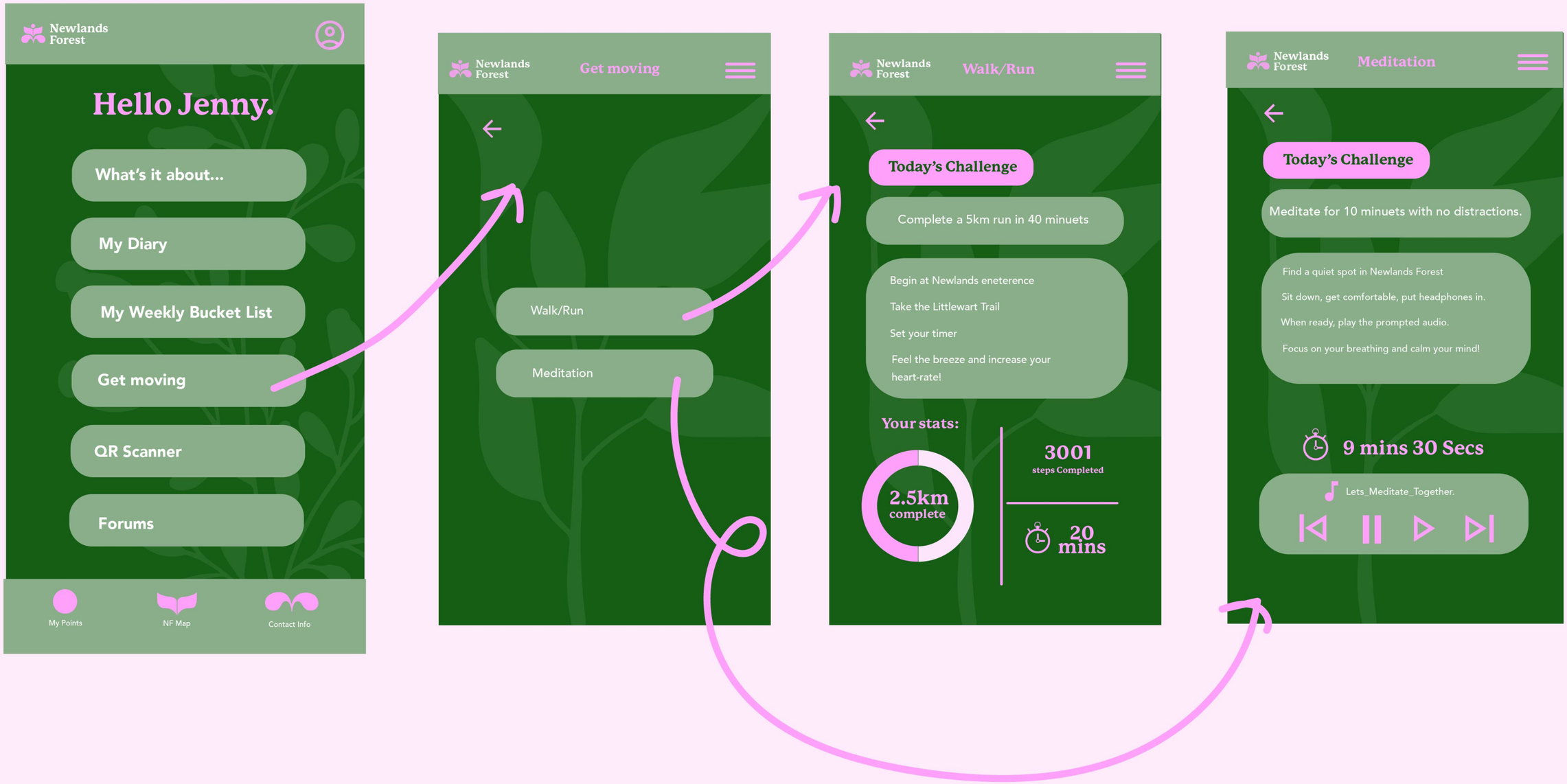


The inclusion of the "about" is important as one can understand and engage with the importance of the benifits of nature and how it can improve health. This too helps viewers understand the meaning behind the rebranding of Newlands Forest.

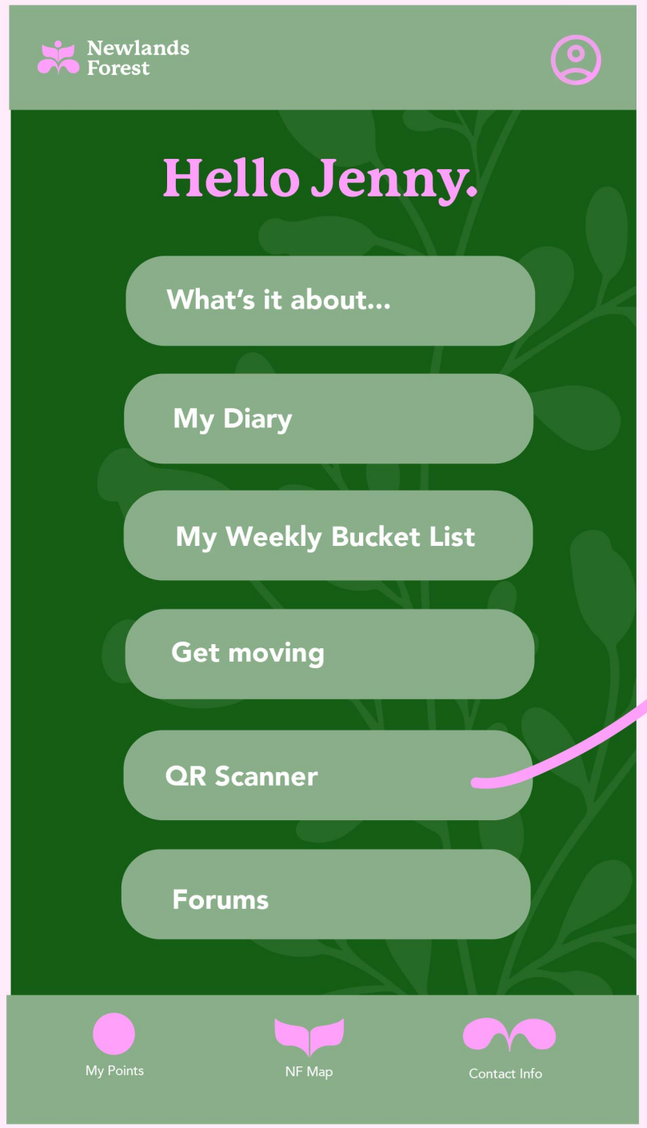
The incorperation of a vertual diary is very important for self reflection and mental health. this enables individuals to be able to reflect on the go, any time and any place.

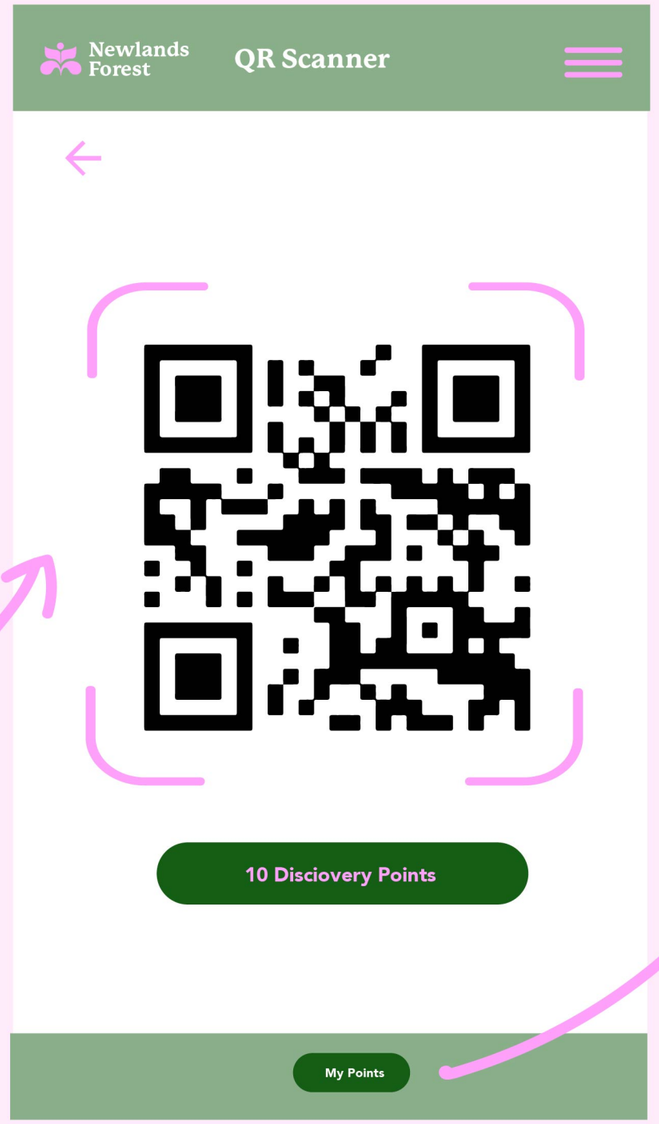


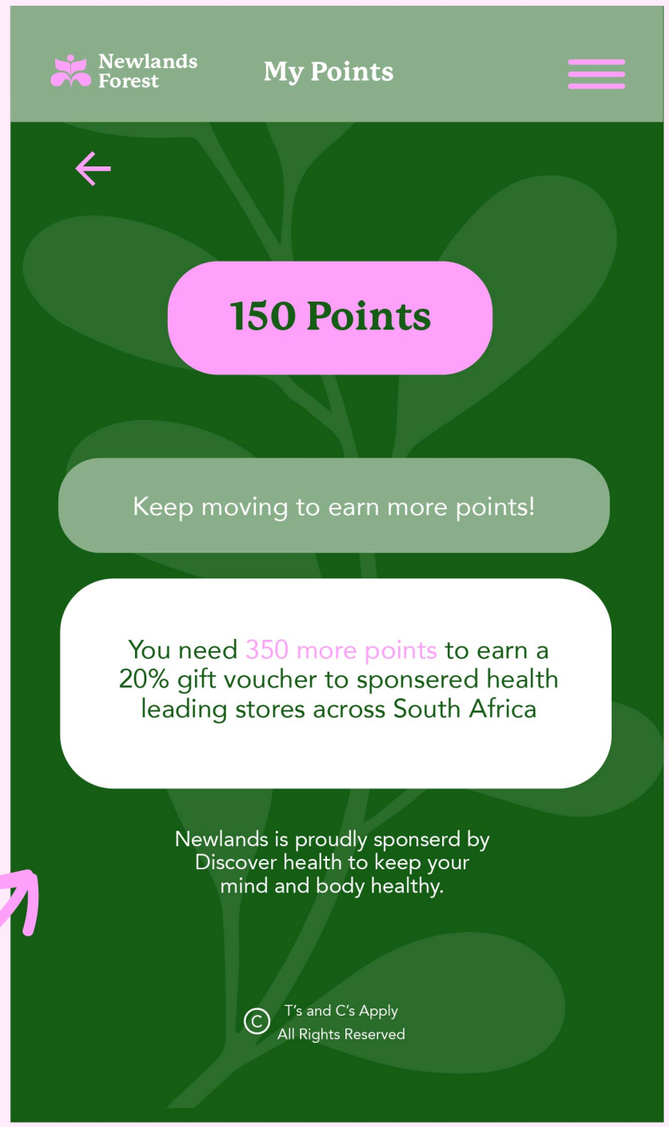
The incorperation of weekly challenges allows users to be motivated to acheive somthing other than work related tasks. This will encourage users to go outdoors, be active and take a break from daily work routines.



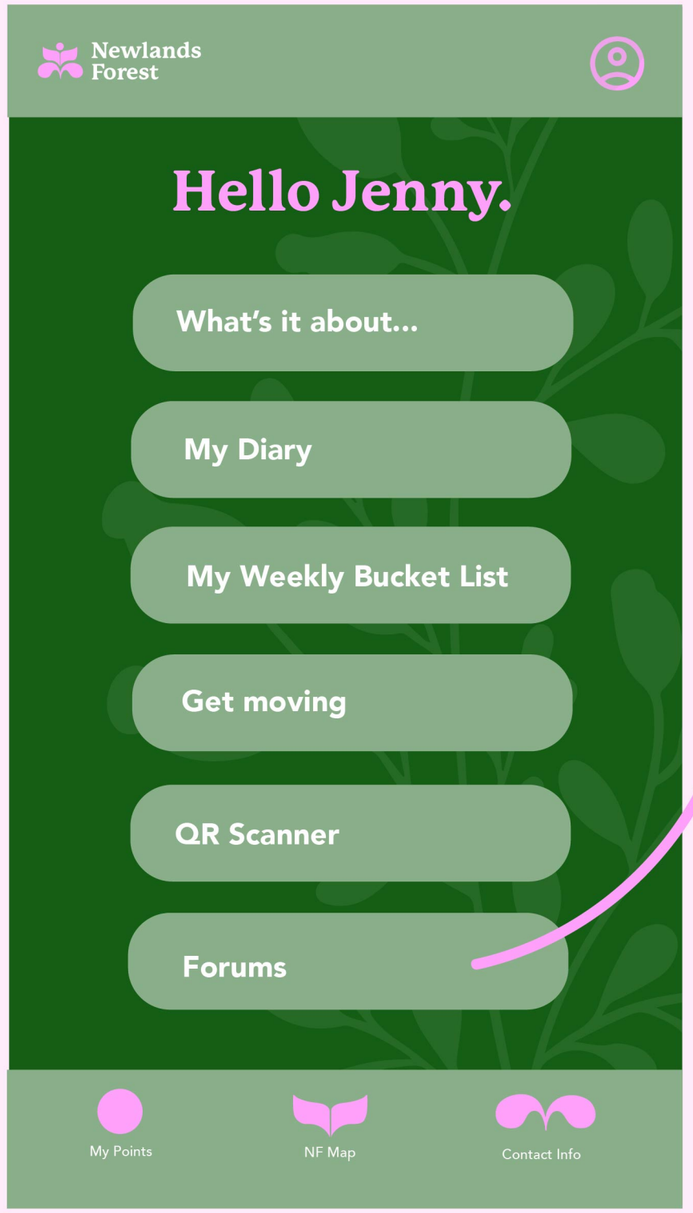
The get moving section enables users to have prompted activities to do at Newlands or at home, while improving their mental and physical health. The sections provide information such as steps count and music that will aid in the experience.



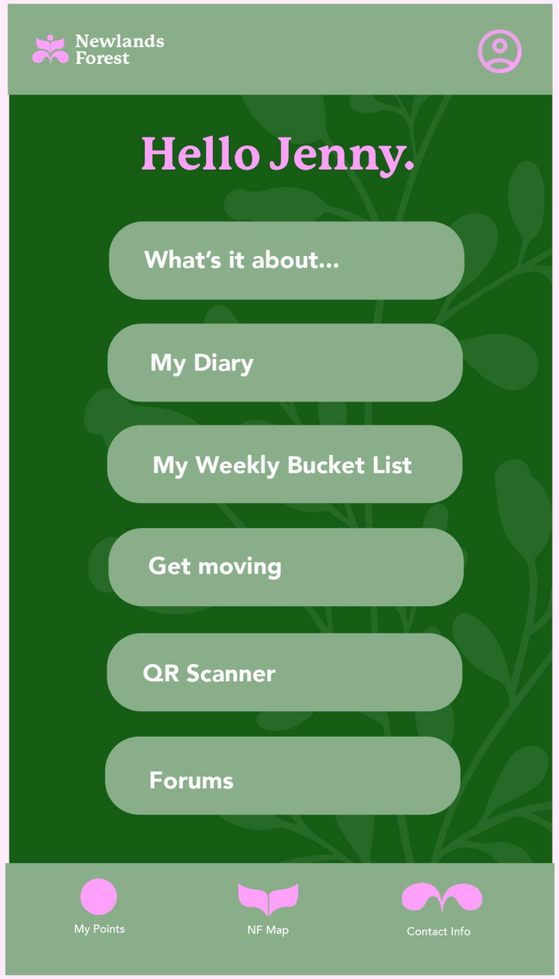


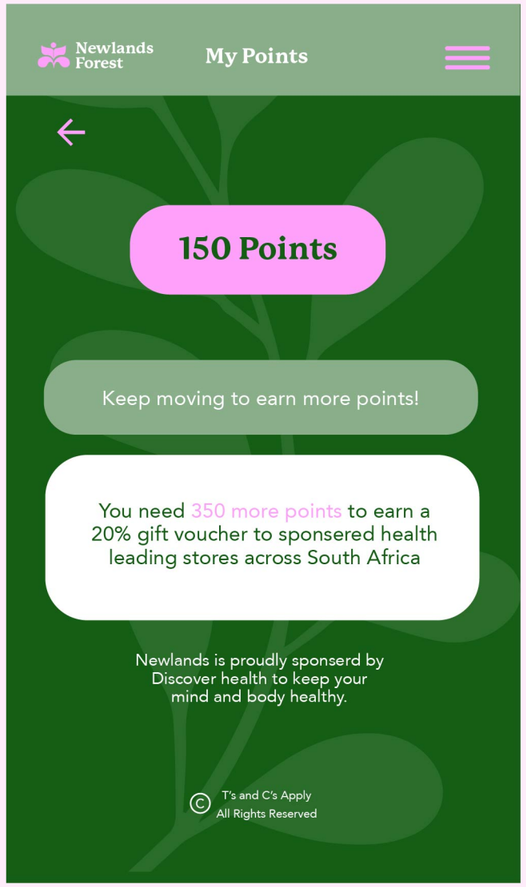


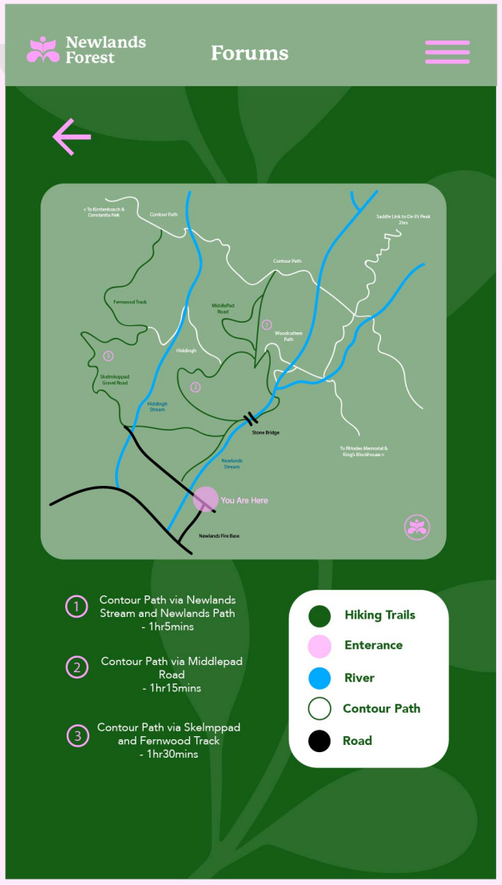
The use of the QR code can be found on the navigation signs through out the walking trails. thsi motivates users to walk and get their fitness in check. by gaining points they will earn discovery points that enables them to gain rewards such as vouchers to sports stores or health stores.



The incorperation of forums allows for users to engage with other peoples experiences and thus be motivated to go outdoors. They can also share their own stories to inspire others.







At the bottom of the app there are quick buttons for the "My Points", Navigation and contact information. this is done for the benifit of an emergency and need for quick access.