



Front-End & Design · iOS · SwiftUI

RoutineGuider

A Calm Routine Guide

Front-End & UI / UX

A gentle iOS routine app — one step at a time, never a guilt-laden checklist. Built in **SwiftUI** with the **Activity-rings philosophy**: native system colours only, reflective momentum, and a widget-first experience.

System Colours

SF Symbols

Dynamic Type

WidgetKit

App Intents

Calm by design

5

App Screens

10

System Accents

2

Widget Families

AA

Accessible

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v1.0

Design Philosophy & Colour

🌿 Calm, not competitive

Momentum is reflected, never graded. Copy stays gentle — "Enjoy the quiet", "See you tomorrow".

🕒 Native, not branded

Apple system colours only — the same philosophy as Activity rings. No custom palette to fight the OS.

➔ One step at a time

A single active step on a hero ring — finish it, see what's next. Never a wall of checkboxes.

System Accent Palette

Each routine picks one of the ten system colours; the app never invents a colour.

Blue #007AFF Default · Steady	Green #34C759 Strong	Indigo #5856D6 Evening	Mint #00C7BE Accent	Orange #FF9500 Morning · Easing
Pink #FF2D55 Accent	Purple #AF52DE Accent	Red #FF3B30 Accent only	Teal #30B0C7 Accent	Yellow #FFCC00 Accent

Momentum — green · blue · orange · grey, never red

⚡ Strong

mean $\geq .75$

➔ Steady

.5 – .75

🍂 Easing

.25 – .5

🕒 Quiet

low / no data

Low momentum is **stated, not alarmed** — there is deliberately no red tier. A day with no activity reads as "Quiet", not "failed".

Typography, Symbols & Components

System font (San Francisco) with full **Dynamic Type** — no fixed point sizes. Timers use **monospaced digits** so they never jitter. ~35 themed SF Symbols form a shared icon vocabulary.

<code>.largeTitle · bold</code>	Today
<code>.title2 · bold</code>	Done for today
<code>.headline</code>	Shower
<code>.subheadline</code>	Step 3 of 5 · Next: Coffee
<code>.caption · secondary</code>	started on time · no nudges
<code>.monospacedDigit</code>	03:12

+ SF Symbols



Themed wake → hygiene → health → food → fitness → mind → work, e.g. sunrise, drop, figure.run, leaf, book.

○ Cards & materials

Grouped
systemGroupedBackground
cards, 14–16pt radius, hairline
separators — quiet containers.

♥ Feedback

Success haptic on Complete,
light impact on Skip; ring
progress eases in over 0.5s.

Core Components

✓ Complete

Skip

⚡ Strong

→ Steady

🌀 Easing

Controls



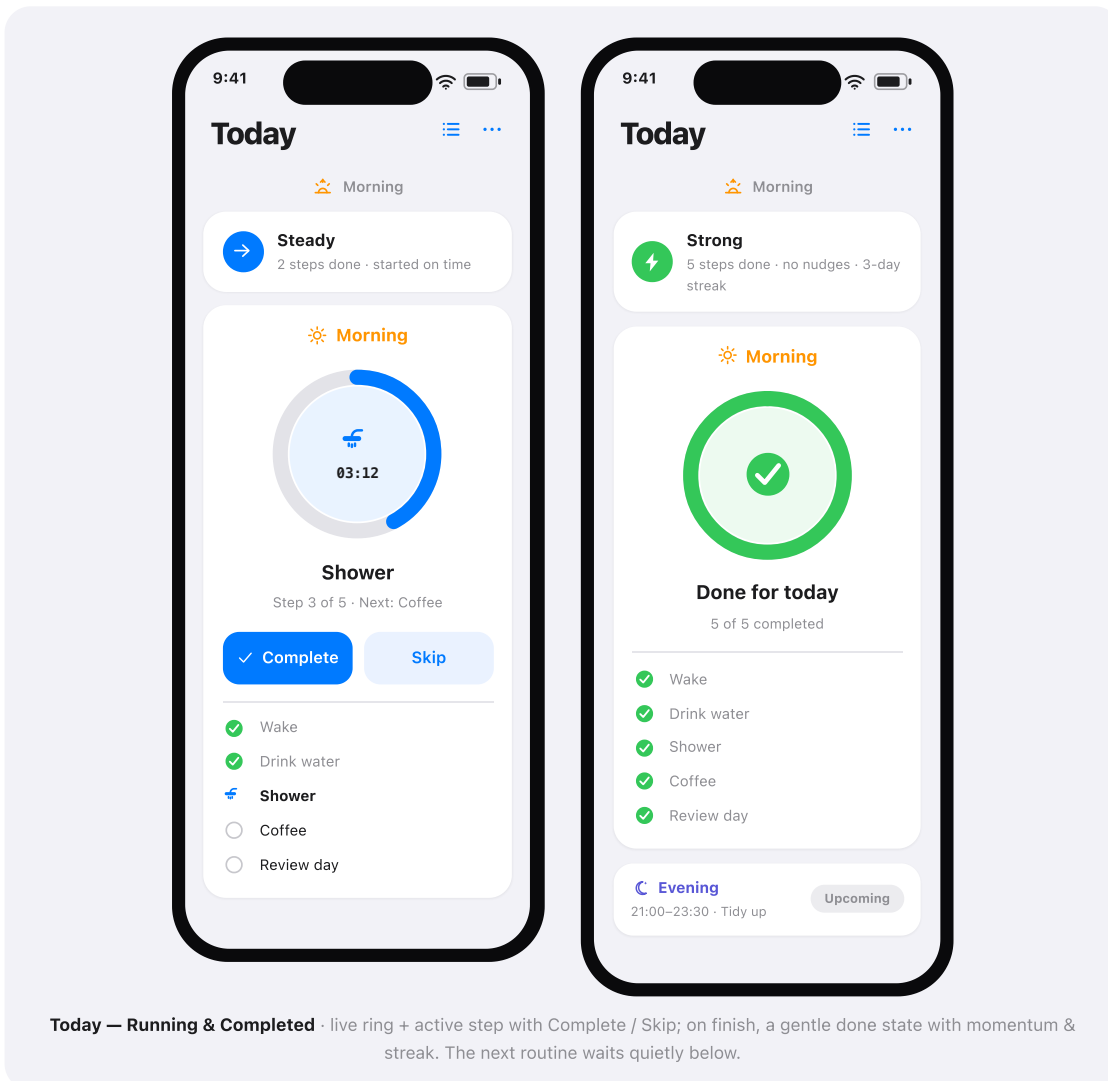
iOS switches, circular weekday toggles, segmented control, and inset grouped lists — all native.

Hero ring

A single circular progress ring (dormant grey → accent fill) holds the active step, elapsed timer, and "Step X of N". It never collapses — even an idle day keeps the calm shape.

Today — the heart of the app

One screen answers "what now?". A time-of-day label, a reflective briefing, then the hero ring with the single active step and two calm actions — **Complete** or **Skip**. Finishing reveals what's next.



🕒 Idle

Grey ring · "Enjoy the quiet"

🕒 Ready

Accent ring · "Starts when you do"

▶ Running

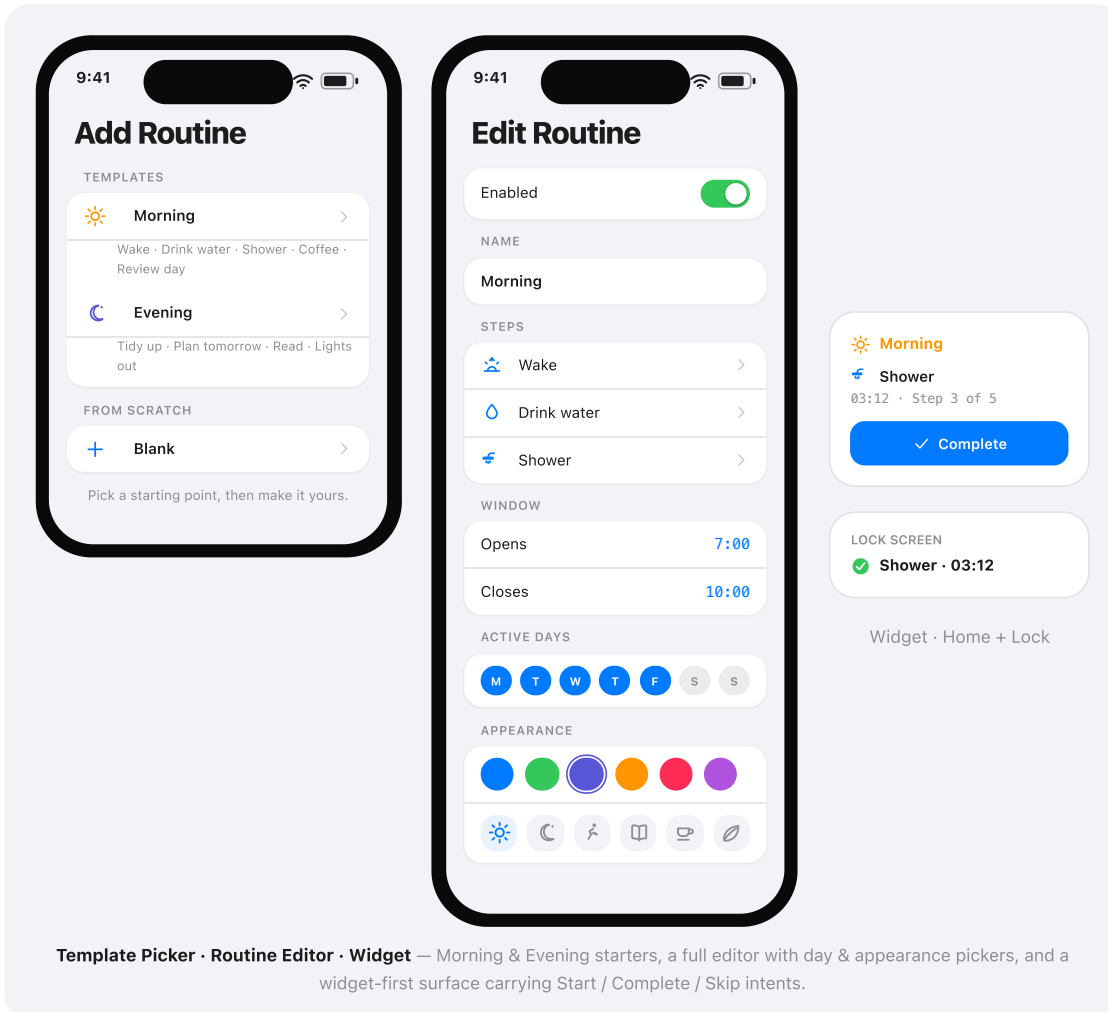
Live progress · Complete / Skip

✅ Done

Full ring · recap & momentum

Editor, Templates & Widget

Routines start from a template and are shaped in a native Form — steps, window, active days, notifications, and a colour + symbol appearance. The widget mirrors the app, with the same one-tap actions on Home & Lock.



UX Patterns & Accessibility

+ Reflective copy

- Idle — "Enjoy the quiet"
- Closed — "See you tomorrow"
- Open — "Start whenever you're ready"
- Facts only: "3 steps done · no nudges · quicker than usual"

🔔 Notification priming

- Value-first sheet *before* the system ask
- "Stay on track without the app"
- Recovery banner if denied → deep-link to Settings
- Asked once, after the first routine is created

○ Accessibility

Dynamic Type throughout, VoiceOver labels, icon + colour never colour-alone, high-contrast system tints.

☀️ Widget-first

Home & Lock widgets carry the same Start / Complete / Skip — most days you never open the app.

✔️ Consistency

App, widget & Siri render one engine state, so the experience is identical everywhere.

Principles at a glance

ASPECT	RULE ACROSS THE PRODUCT
Colour	System accents only; momentum green / blue / orange / grey — never red
Tone	Reflective & factual; never guilt or urgency
Focus	One active step on a hero ring, not a checklist
Reach	Widget & Siri first; the app is optional

The visual language maps 1:1 to native SwiftUI controls, so the design and the build stay in lock-step and inherit every OS refinement for free.