



AIR Space

1.6 Release Notes

October 13th, 2022

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1.6– AIR Space Release Notes

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Detail

UPDATED THE DESIGN OF THE STARTING POINT SCREEN

- The Starting Point Screen for each of the mental muscles has been updated. Both the design/layout and language used has changed. Users will notice the language used is more dynamic.

UPDATED THE CERTIFICATE LOCATION

- AIR Space users looking for their certificates for See, Think, Feel & Act can now be found under the 'Profile' tab in the menu bar.

ADDED OR IMPROVED THE 'CONTINUE' BUTTON FOR EACH OF THE MUSCLE LEVELS

- On the home page under the See, Think, Feel & Act buttons, AIR Space users will now see a 'continue' button that will bring users back to the activity that they are working on. Similarly, the continue button under each mental muscle button will now direct them to the activity they are working on, rather than just the mental muscle page. This will alleviate users having to remember the path they need to follow, rather will be guided through.

UPDATED THE POINTS SYSTEM

- The Points System has been updated and weighted more appropriately. Completing different tasks, watching different videos, practicing your exercises, and completing your reflections, activities, and check-ins will result in different point values. There are also different levels associated with users' accumulated points. It is now harder to earn points and level up.

UPDATED THE STARTING POINT RECOMMENDATION TEXT

- The text associated with users' recommended starting point has been updated to the following: 'Based on your starting point, your coach recommends you begin working on (Skill).

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UPDATED AIR SPACE MEDITATIONS

- 7 new meditations have been added to AIR Space's meditation library. Meditations can be found in the top menu bar under the brain gym tab.

MOTIVATION ADDED TO FEEL FIT

- Motivation has been added to the Feel Fit module.

UPDATED POINTS ATTRIBUTION LANGUAGE

- Fixed a bug which generally attributed all points to completing activities. The text is now generic, but does not attribute it to activity completion.

GENERAL CONTENT CLEAN UP

- A general clean up AIR Space's content has been implemented.

UPDATED THE STARTING POINT SCALE

- Starting point responses are no longer shown on a continuous scale, but rather on one of four points. This was implemented to improve the readability and comprehension of the design.

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