

Evotonomia · Quick start

8 steps · about 10 min for the basics

Set up in 8 steps

1. Admin password

Padlock, top right, to create a password.
Forgotten: reset code by email (proof of purchase).

2. Child profile

Home screen → + *Create a profile*. Name and avatar. Unlimited profiles.

3. Active rooms

Dashboard → *Rooms*. Only switch on the ones that match real life (Home / School / Boarding).

4. Missions

Dashboard → *Missions*. Pick the room, create the mission, break it into 3 to 8 steps, choose a Fitzgerald pictogram.

5. Points and rewards

Optional, per child. *Progress* → switch on. Then *Rewards* → 2 or 3 rewards, 5 to 30 pts.

6. Weekly planner

Progress → child → *Weekly planner*. 2 to 5 missions a day at first. *Duplicate* button saves time.

7. Extra activities

Activities: Timer, My day (5 sub-activities), Memory game, Where does it go?, and **Pop-it**, new in this version.

8. Verify and back up

Log out → try it in child mode. Then *Backup* → *Export data* (JSON).

What is new in v1.1

Timer reminders, inside a mission

In the mission form, switch on *Timer* → *Reminders before the end*.
Sound alert and **vibration** at 15, 10, 5, 3 and 1 min. Anticipate transitions without rushing.

Pop-it, a decompression zone

Fifth tile in *My activities*. No score, nothing at stake. Useful before a demanding mission, between two frustrating steps, or in a waiting room. Can be switched on or off globally.

Key reminders

Do not forget

- Forgotten password: reset code by email.
- The app is **100 % local**: no cloud, manual JSON backup.
- Pseudonyms recommended in a professional setting (GDPR).

Good habits

- Start minimal: 3 or 4 rooms, 2 or 3 missions, 2 rewards.
- 3 to 8 steps per mission. *Free order* if in doubt.
- Build the rewards together with the child.
- JSON backup once the initial setup is done.

Fitzgerald colour code, at a glance

Green · Actions

verbs (eat, sleep, tidy up), for missions and action steps

Orange · Objects

common nouns (school bag, brush, soap), for steps naming an object

Pink · Emotions and social

happy, angry, tired, for My mood and social missions