



TURNTABLE

Platform supporting vitality and abilities of elderly

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1	Table of Contents	
2	Executive Summary	3
2.1	Authorship	3
2.2	Revisions	3
2.3	Acronyms and abbreviations	3
3	Turtable user manual	4
3.1	How to install Turtable	4
3.2	Turtable Home screen	4
3.3	Sidebar Menu	6
3.4	How to add a friend	7
3.5	How to make a post	7
3.6	How to check your published posts	8
3.7	Using the Lively Turtable component	9
3.8	Using the Tomappo Turtable component	13
4	Frequently Asked Questions	17
5	Pilot training	18

2 Executive Summary

This document provides the training documentation for TURNTABLE users. It includes a full user manual for the use of the Turntable system, a FAQs section, and a description of the training sessions. The user manual covers the basic setup and installation of TURNTABLE and describes the features and functions available in the App. The FAQs section includes answers to common questions regarding the use of Turntable and its components. The training sessions will be performed by participants prior to the pilot testing planned for the middle of September.

This is a project living document, which is going to be updated by partners during the project lifetime.

This deliverable is related to the activities carried out by the Consortium in Task 3.2 and will serve as input and guidance for Task 3.4.

2.1 Authorship

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2.2 Revisions

Version	Name	Partner	Description	Date
0.1	Marco Guicciardi	UNICA	Document creation	22/07/2021
0.2	Marco Guicciardi	UNICA	Updated version	27/07/2021
0.3	Marco Guicciardi	UNICA	Updated version	28/07/2021
0.4	Benedek Szakonyi Sérgio Sousa	UP, IPN	Updated version (in progress)	28/07/2021
0.5	Marco Guicciardi	UNICA	Final version	29/07/2021

2.3 Acronyms and abbreviations

Acronym	Meaning
FAQs	Frequently Asked Questions

3 Turntable user manual

Turntable is a mobile phone application designed to help those over 60 years of age stay connected, engaged, and mentally and physically active. With Turntable you can:

- Control your garden remotely using sensors
- Acquire new knowledge about vegetables, gardening techniques, and nutrition
- Receive reminders about work to be done in your garden
- Share skills, experiences, goals and resources

3.1 How to install Turntable

Download Turntable App from Android's Google Play Store, at:

<https://play.google.com/store/apps/details?id=systems.ginf.turntable>

To use the app, you need to sign in using the email address and password of your Google account. If you do not have a Google account yet, the trial manager will create a new account for you.

3.2 Turntable Home screen

The Turntable Home screen consists of 6 options.

Lifely – Opens the Lifely application where you will be able to monitor your garden and soil conditions, access a database of crops, and add notes in a calendar.

Tomappo – Opens the Tomappo application where you will be guided through the whole gardening season: from soil preparation and garden planning to the care of the plants and cooking.

Friends – Allows managing your friends (add or remove).

News Feed – Allows sharing content such as comments or pictures with your friends.

My Feed – Displays all your previous posts.

Settings – Allows checking or changing the language preference settings.

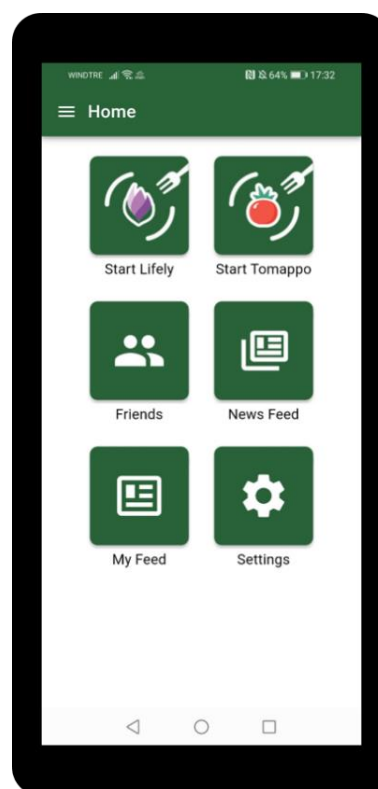


Figure 1: Home screen

Please note that initially, neither Lifely nor Tomappo are installed on your phone. You need to install them by yourself, tap on the appropriate button (i.e. *Install Lifely* and *Install Tomappo*). Installation should complete automatically*, with the process being shown with a rounded progress bar (see Figure 2).

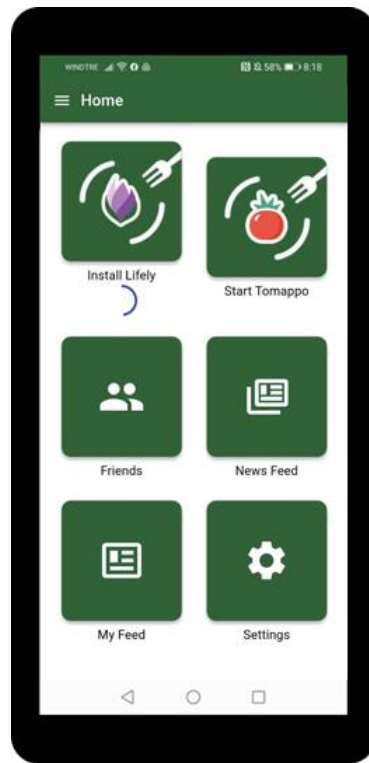



Figure 2: Lively component installation process

After successful installation, you will be able to launch the applications either from the main Turntable application, or from the home screen of your phone. See sections 3.7 and 3.8 for more details. In some cases, a warning might appear stating that installing 3rd party applications (or applications from “unknown” sources) are not allowed by default. The warning window should have a button that allows you to go to the appropriate settings. Select that button and then allow Turntable to install such apps.

3.3 Sidebar Menu

The Sidebar Menu button  in the upper left corner of the Turntable App displays the Sidebar Menu, where then you can navigate between the different pages to manage various aspects of TURNTABLE, from going to the **Settings** to adding new **Friends** and new content, to viewing your latest news.

The last option of the Sidebar Menu allows you to log out of the application - during your participation in the trial, however, you should not be needing to use this option.

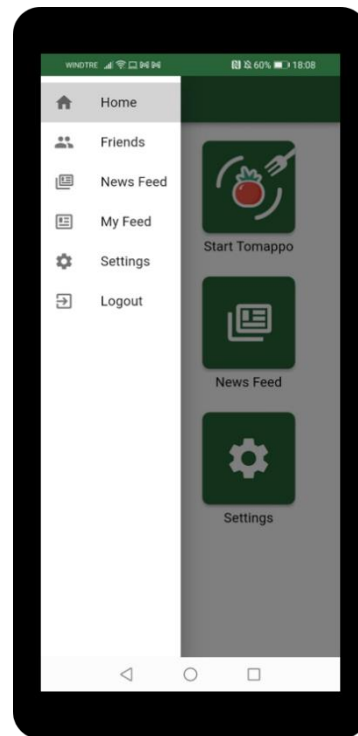


Figure 3: Sidebar Menu

3.4 How to add a friend

Turntable allows you to add other Turntable users as your friends, you only need to know the e-mail address they used to register in Turntable. You can do this by selecting the **Friends** icon in the Home screen or by tapping the **Friends** button in the Sidebar Menu. Then

- 1) Tap on the **+** (Add) button.
- 2) Input the email address of your friend in the window that has appeared.
- 3) Tap on the **ADD** button to confirm.

To add additional friends, please repeat steps 1-3.

Removing a friend

You can also remove any of the friends you have added, if you want. To do this,

- 1) Tap on the **✎** (Edit) button to start editing your friend list.
- 2) Tap on the **🗑** REMOVE button next to the friend you want to remove
- 3) Once you have removed the friend you wanted, tap on the **✕** (Close) button to finish editing.

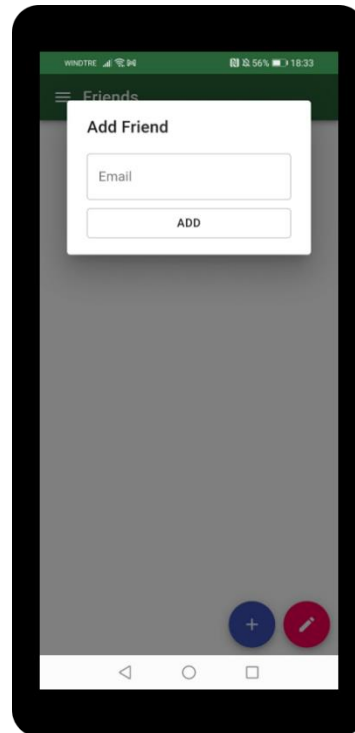


Figure 4: Adding a new friend

3.5 How to make a post

Turntable allows you to share content such as comments or pictures with your friends. You can do this by selecting the **News Feed** icon in the Home screen or by tapping the **News Feed** button in the Sidebar Menu. Then

- 1) Tap on the **+** (Add) button.
- 2) Write the text of your post in the window that has appeared.
- 3) If you want to share an image, tap the **Choose Image** button. Then you will have the option to either take a new image with your device or to upload a previously taken one.
- 4) When you're happy with your post, click the **Post** button

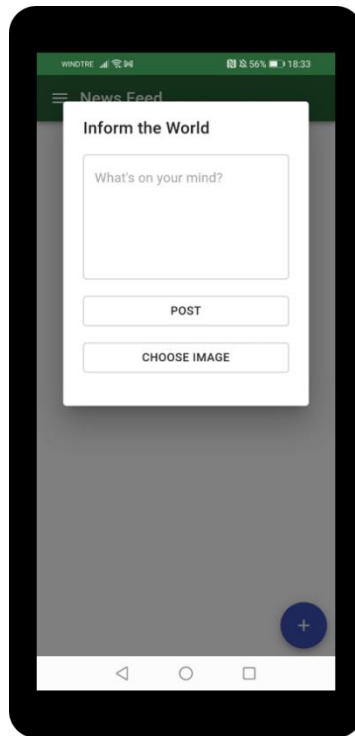


Figure 5: News feed option

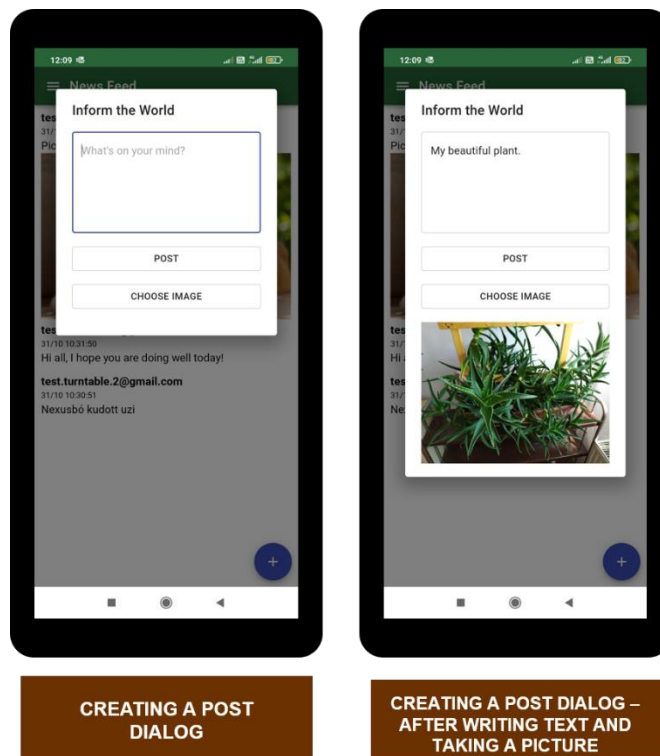



Figure 6: Example of writing a post

3.6 How to check your published posts

Turntable allows you to check all the posts you have published previously. You can do this by selecting the **My Feed** icon in the Home screen or by tapping the **My Feed** button in the Sidebar Menu.

Here you have the option to remove any of your posts made. To do so you only have to tap on the  DELETE button.

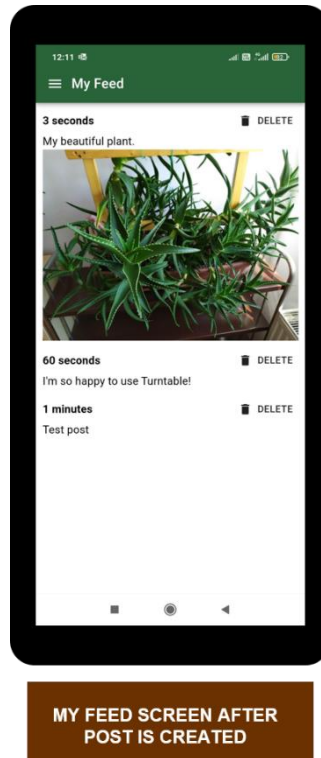


Figure 7: Example of post published

3.7 Using the Lively Turntable component

Turntable allows you to install and use the Lively application. You can do this by tapping the **Install Lively** icon in the Turntable Home screen (see Figure 2). Once you've done this, the Turntable Lively app shortcut will be added to the home screen of your phone automatically, as shown in Figure 8. Clicking on it will take you directly to the Lively application. You can also launch the application from the Home screen of the Turntable app.

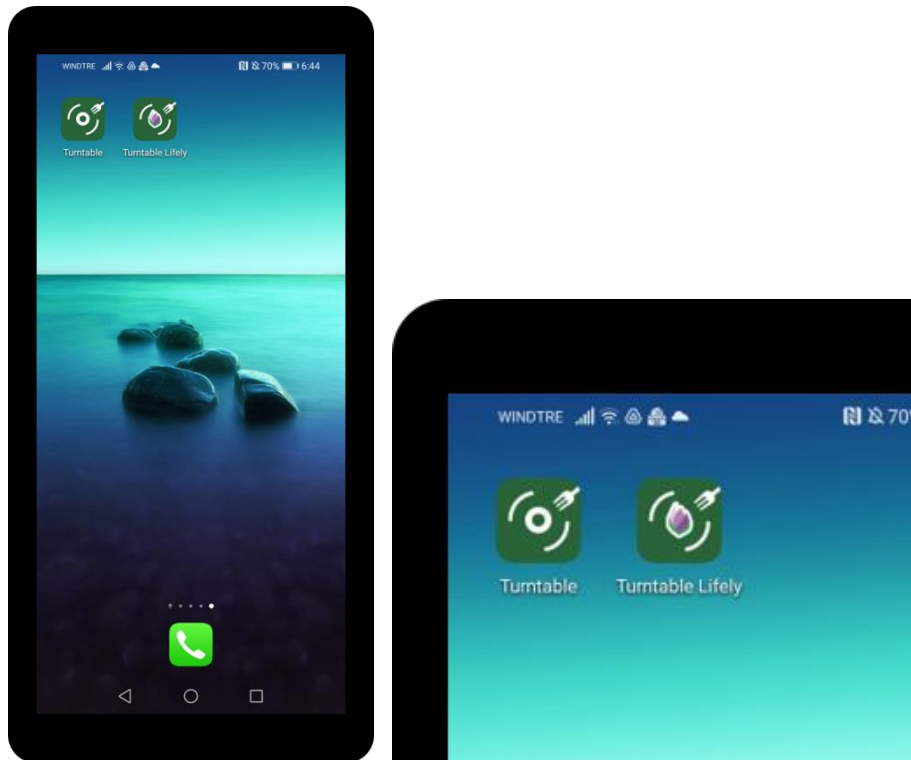


Figure 8: Turntable Apps icons on your phone after Lively component installation

With the Turntable Lively App, you can comfortably collect data on temperature, light, water reservoir and soil humidity of your garden whether you are at home or away. The Turntable Lively App is combined with a smart sensor (called Agrumino) inserted in the soil, which records and analyses data about your plants!

A manual is available to guide you through the configuration process of the Turntable Lively App. It provides explicit, step-by-step instructions for connecting the Agrumino sensor to your plants. The manual is available for download at the following link:

<https://www.aalturntable.eu/technologies/>

Once the Turntable Lively application is configured, it is very easy to use and understand the information you receive from your smartphone.

Visualizing data collected from your garden using Turntable Lively

The Turntable Lively App allows you to visualize the following data about a selected plant: temperature, light, soil moisture. You can do this in the main screen of the Turntable Lively app by scrolling through the plants shown and selecting the plant you are interested in.

- 1) Scroll the plants images or insert the name of the plant in the search box at the top of the screen.
- 2) Tap on the plant image you are interested in and read data associated with it.

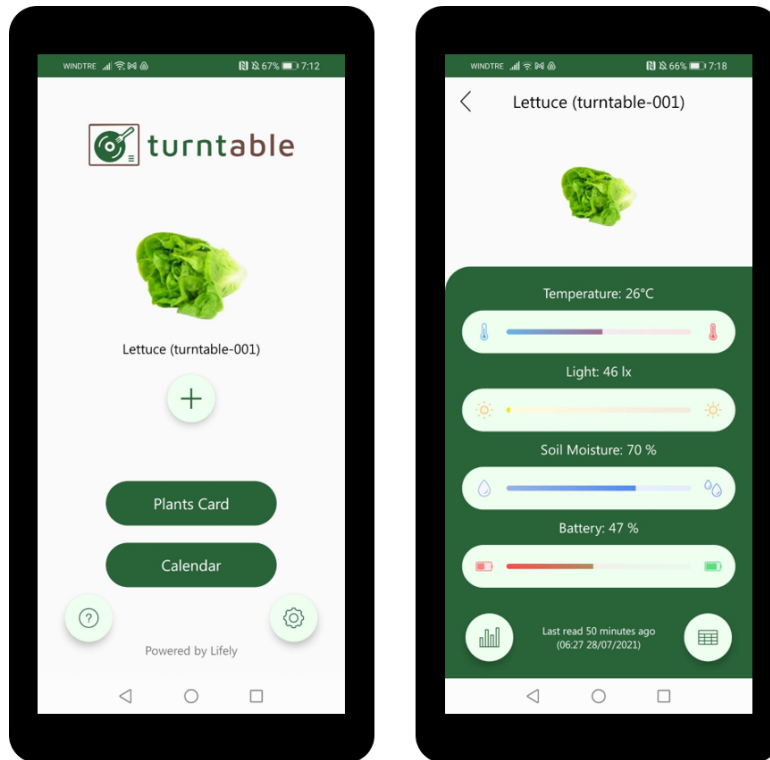


Figure 9: Example of data associated with lettuce

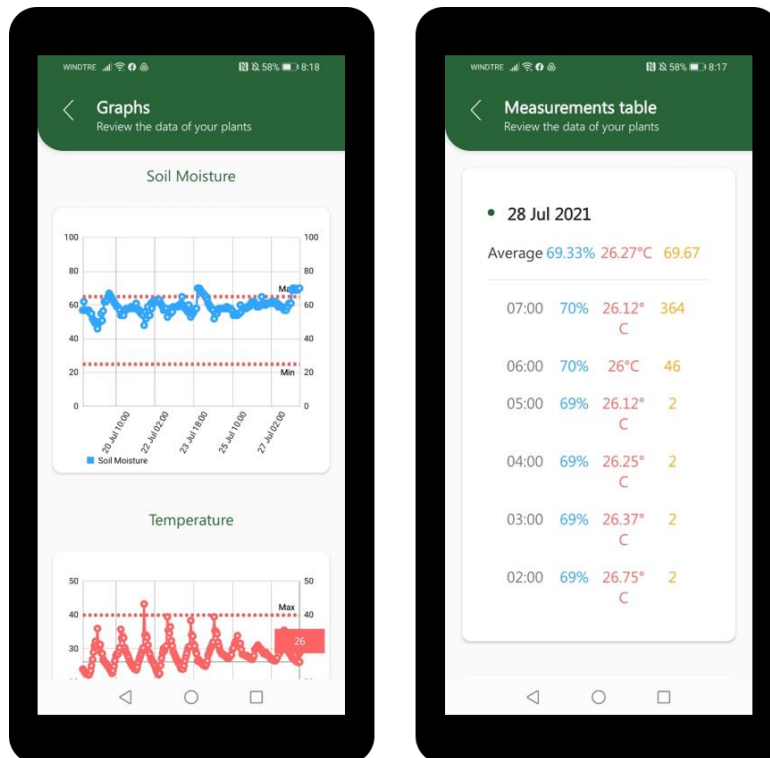




Figure 10: Daily data visualization formats: Graphs and Table

You can also visualize your daily plant data in a graph (see image on the left in Figure 10).

You can do this, by selecting the  (Graph) button at the bottom left corner of the screen.

The same data can be visualized in a Table format (see image on the right in Figure 10), by selecting the  (Table) button at the bottom right corner of the screen.

How to expand your plant knowledge

Turntable Lively App allows you to learn more about your plants and how to care for them. You can do this by selecting the **Plants Card** button in the Turntable Lively app main screen.

- 1) Tap on the Plants Card button
- 2) Select a plant and read data and information on it

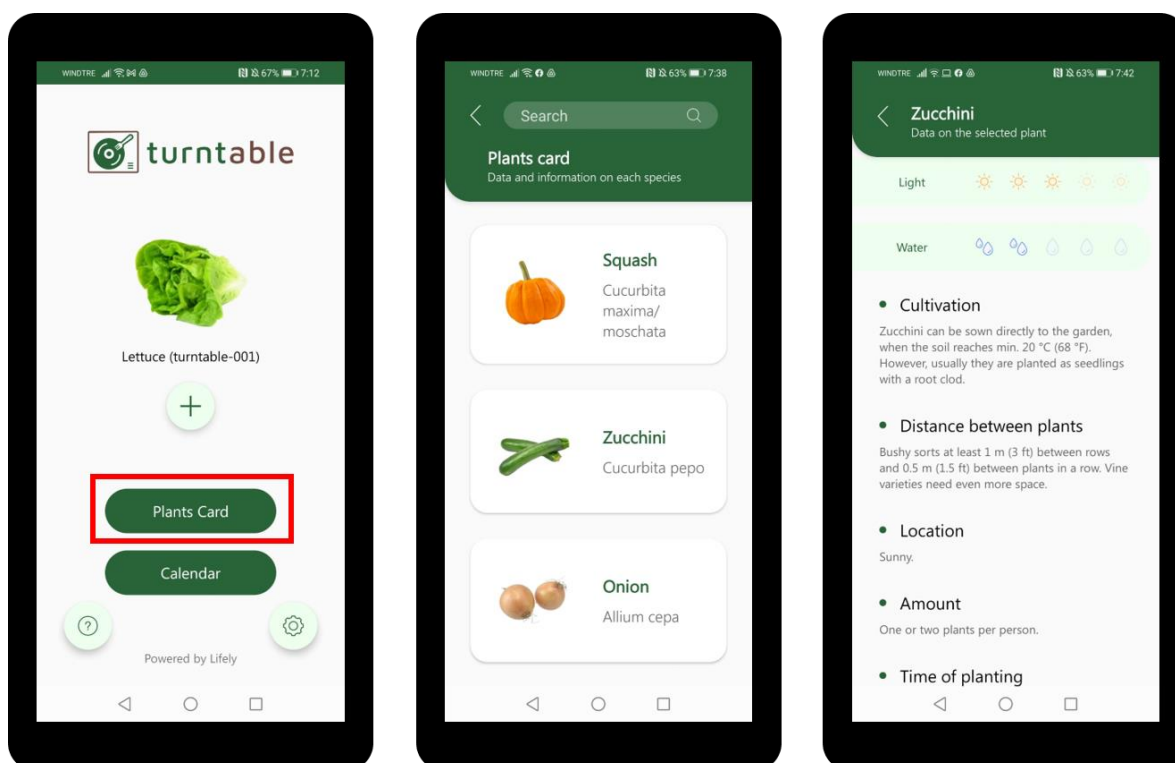



Figure 11: Example of information provided on zucchini plant

Accessing the Lively digital care calendar

Turntable Lively App allows you to write important notes in a digital calendar. You can set reminders for daily, weekly, monthly, yearly, seasonal tasks. You can do this by selecting the **Calendar** button in the Turntable Lively app main screen.

- 1) Tap on the Calendar button
- 2) Select a day
- 3) Tap on the + (Add) button
- 4) Write your note
- 5) Tap on the Confirm button

You can also download your notes, by tapping on the  (Download) button.

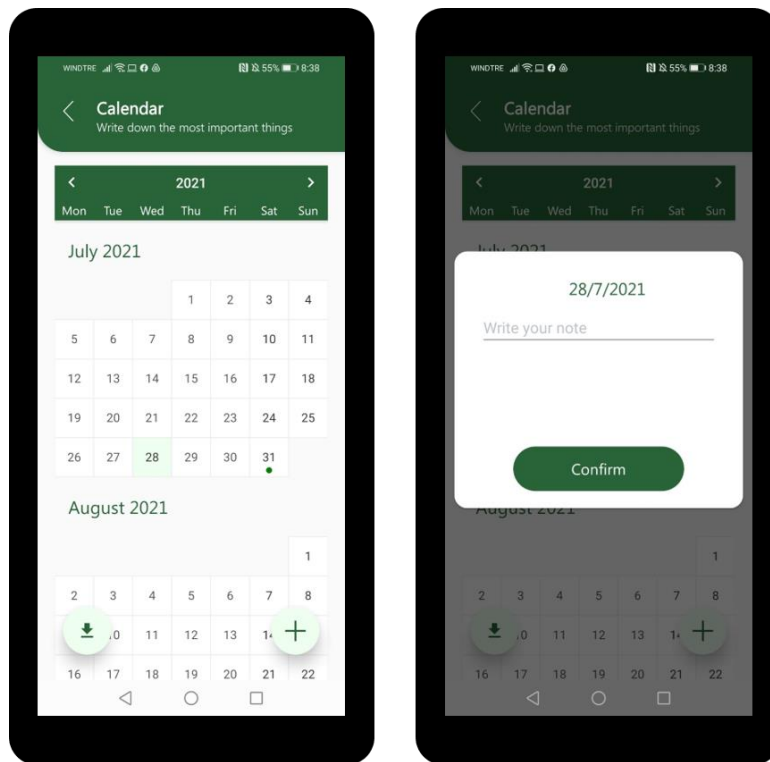


Figure 12: Digital care calendar

3.8 Using the Tomappo Turntable component

Turntable allows you to install Tomappo application. You can do this by tapping the **Install Tomappo** icon in the Turntable Home screen (see Figure 2). Once you've done this, the Turntable Tomappo app shortcut will be added to the home screen of your phone automatically, as shown in Figure 13. Clicking on it will take you directly to the Tomappo component. You can also launch the application from the Home screen of the Turntable app.

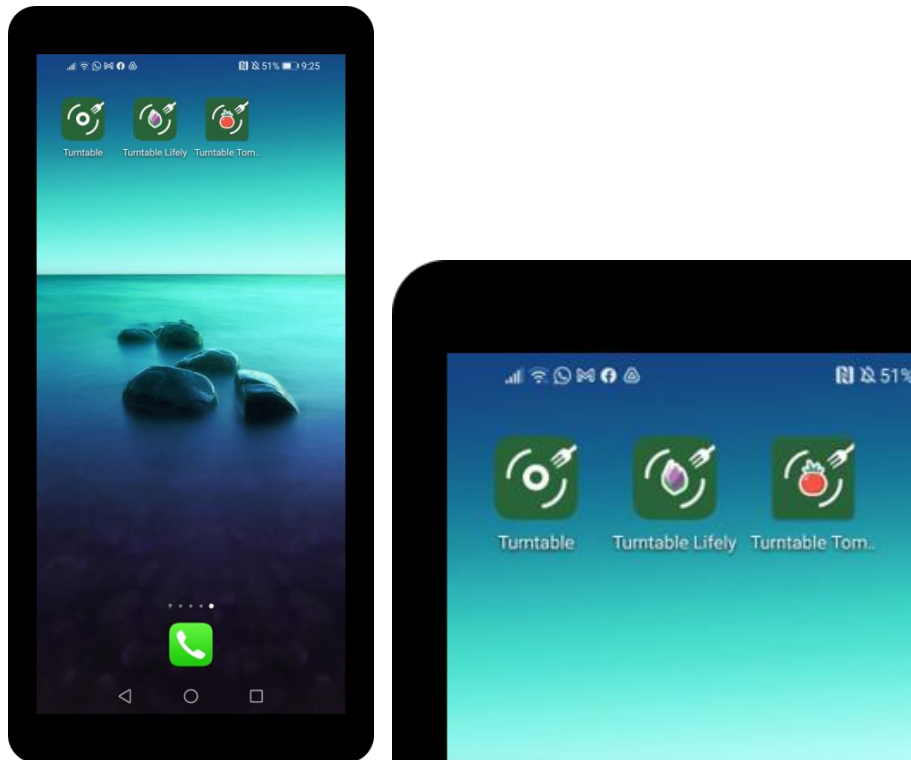




Figure 13: Turntable Apps icons on your phone after Tomappo component installation

The Turntable Tomappo App includes:

- the moon sowing calendar, showing optimum days for planting different garden crops;
- place for making your notes about garden activities;
- clear and reliable information gathered from renowned and popular gardening manuals;
- descriptions of over 50 favourite garden crops and information on how to grow them, including when to plant, how to fertilize and water them, good and bad neighbors, spacing between rows, and pests;
- weather forecast for your garden exact location (available for Europe).

In the main screen of Tomappo, you can see a Calendar (usually showing the current day and week), with icons marking days as good for root vegetables  or flowers , or suitable for transplanting  among others...

For each day, a daily info panel is also provided, where the weather forecast is shown (if the garden's location is set in the app), and where you can take notes detailing your gardening activity.

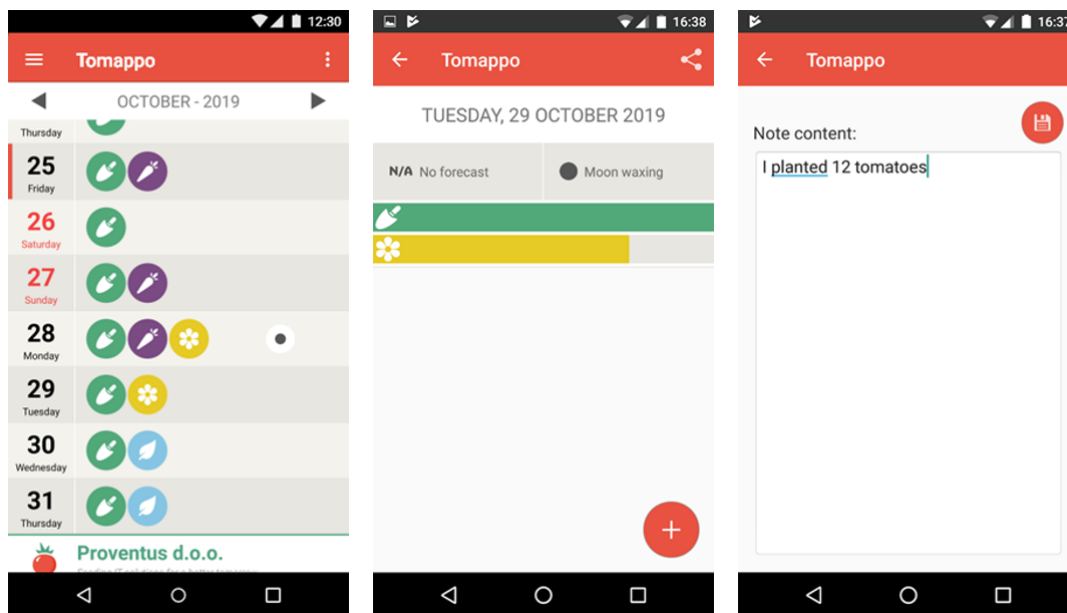


Figure 14: The calendar, the daily info and the note screen (for that day)

Another important feature, accessible from the sidebar menu by selecting Vegetables is the collection of descriptions for multiple vegetables. This allows users to learn important information about each vegetable, what are their needs, good and bad neighbors, etc.

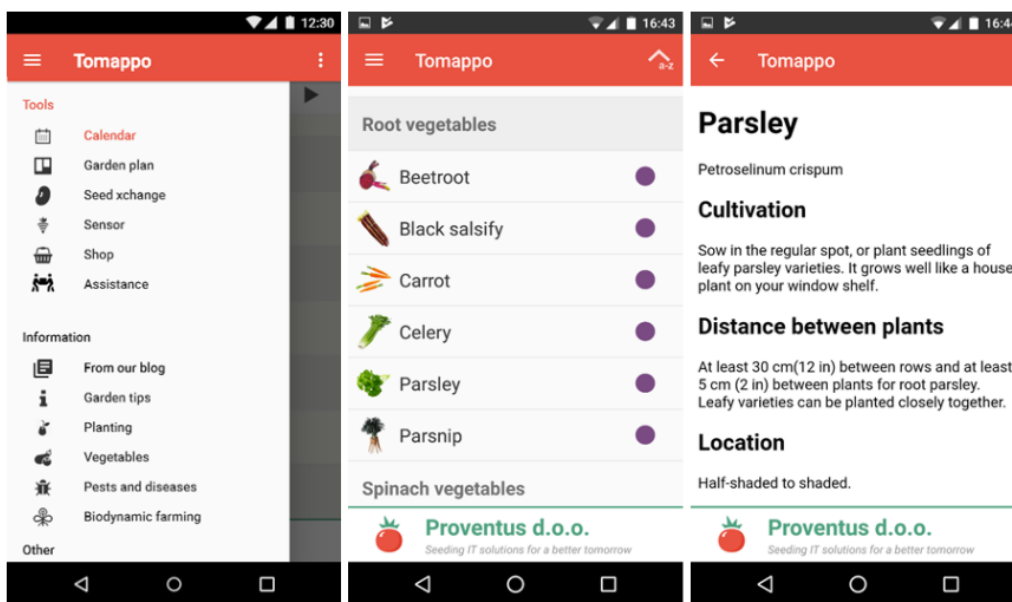


Figure 15: The sidebar menu, the vegetable menu and an example for vegetable details

In the web application (WWW.TOMAPPO.COM), you can find more gardening contents. You can access it using your computer. There you can find a proper TOMAPPO GARDEN PLANNER (accessible only via PC), with functions such as good/bad neighbors detection and crop rotation. This tool can help save your time when you are planning to sow each vegetable for healthier plants and bigger yields. A tutorial is available online on YouTube channel at: <https://www.youtube.com/watch?v=A36t1rCy7LA>

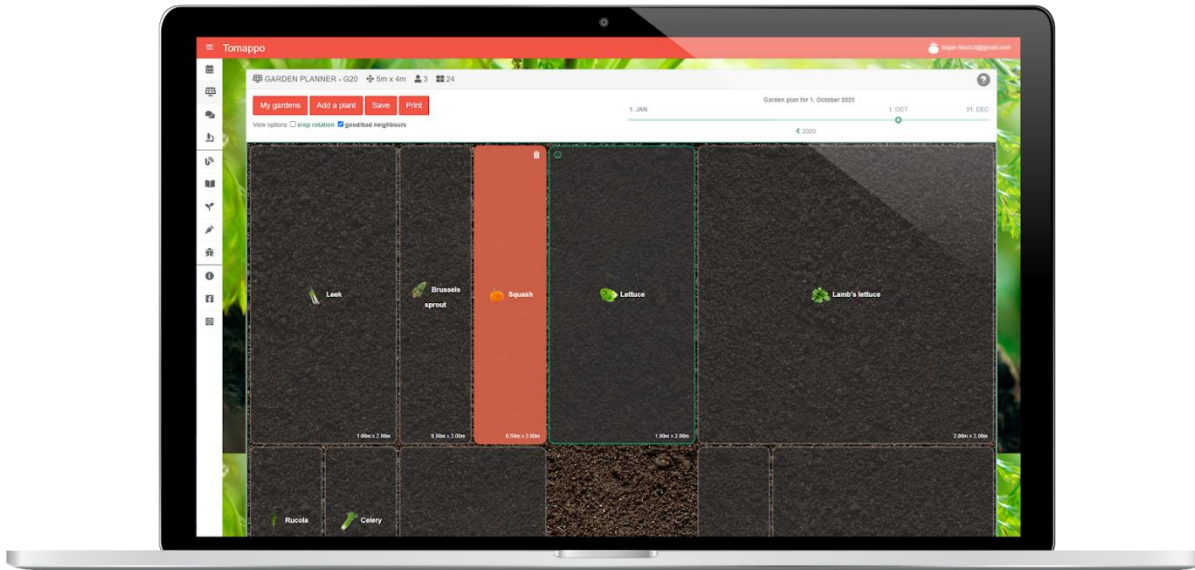


Figure 16: The main screen for the Tomappo Web application for garden planning.

4 Frequently Asked Questions

This section includes a series of Frequently Asked Questions (FAQs) on the use of Turntable. In case you cannot find the answer for your problem in the list below, you can contact our local support team at *<local contact information>*.

I downloaded the Turntable app but cannot find it on my phone. Where can I find it?

The app is located next to other apps you've installed on your phone and is titled Turntable. This is its logo:



If you're unable to find it on your phone, you can download Turntable App from Android's Google Play Store, at:

<https://play.google.com/store/apps/details?id=systems.ginf.turntable>

If you've already downloaded the app, an "Open" button will appear. This will open the app on your phone.

If you have not already downloaded the app, an Install button will appear.

I see an alert of insufficient space on my phone.

You need to free up some memory on the internal storage of your phone. You may need to uninstall other apps to clear space.

Led is ON in the Agrumino sensor and I am getting wrong information

When led is constantly ON, it could be because your Agrumino sensor is not connected to your Wi-Fi network properly. Check if the WiFi is enabled on your router. In most cases, a green or orange light will indicate that the router is not working. If so, you need to restart your router. Unplug your router from the electrical outlet. Wait 30 seconds, then plug it again.

After resetting my device, I still get wrong information

Some mobile devices have very strong security settings. You will need to change your settings. Go to Apps then Manage Apps. Look for Turntable Lively then go to Other permissions and ACCEPT ALL SETTINGS.

How many Agrumino sensors can be associated to my Turntable Lively App?

Maximum 10

I can't find my Agrumino sensor during the configuration process

Make sure you correctly set the connection with turntable Wi-Fi and connect your Agrumino sensor to the micro USB cable.

I am not receiving daily alert

Make sure under "Other permissions" on your phone you have accepted all settings for both Turntable and Lively Turntable.

5 Pilot training

Recruited participants will be invited to perform a set of practical tasks to familiarize them with Turntable and gain insights into its specific features. These tasks include: installing the Turntable application, signing in and out, creating a new post on Turntable and adding an image to it, adding a new friend, checking the sensor data, checking for one selected crop the correct sowing distance and good/bad neighbours. Each task will contain step-by-step guidelines needed for its successful completion.

Training sessions will be organized by trial managers in Italy, Belgium, and Portugal. Individual or small group training sessions will be organized, if possible, outdoors to reduce COVID-19 risk or remotely using Internet-based communication systems.

TASK 0: Installing the Turntable Application

Description: Participants will install the Turntable application on the devices provided by the session managers (or on their own smartphones).

Guidelines for participants:

You are planning to install the TURNTABLE application.

- 1) Check if your device has an Internet connection.
- 2) Open the Google Play Store application.
- 3) Select the Applications category.
- 4) Use the term “TURNTABLE” in the search bar
- 5) From the list of applications, select the Turntable app (look for the logo shown on the right) and tap on Install. Installation should then complete in a few minutes.



Estimated time: ... minutes

TASK 1: Signing In and Logging Out

Description: Participants will sign in to Turntable via their smartphones, using the email address of their Google account. Participants will log out from Turntable selecting the “Logout” option from the Sidebar Menu.

Guidelines for participants:

You are planning to use the TURNTABLE application.

- 1) Check the TURNTABLE app icon in your phone.
- 2) Tap on the TURNTABLE app icon in your phone to open the application.
- 3) Sign in using the email address of your Google account

You've finished and want to logout from the TURNTABLE application.

- 1) Tap on the Sidebar Menu button in the upper left corner of the Home screen
- 2) Tap on Logout

Estimated time: 3 minutes

TASK 2: Creating a new post and adding an image on it

Description: This activity will be divided in two different phases. In the first phase, participants will create a new post. In the second phase, participants will add an image on it.

Guidelines for participants:

You've planted onions in your vegetable patch for the first time. Since they are growing and looking great, you would like to share this achievement with your friends, posting a picture on Turntable.

- 1) Tap on the “News Feed” icon in the Home screen
- 2) Tap on the + (Add) button
- 2) Write this post: Proud of my onions!
- 3) Tap on the “Choose Image” button and select the picture.

4) Click “Post”

Estimated time: 10 minutes

TASK 3: Adding a new friend

Description: Participants will add a new friend.

Guidelines for participants:

You would like to add a new friend in order to share with him/her your goals, results.

- 1) Tap on the “Friends” icon in the Home screen
- 2) Tap on the + (Add) button
- 3) Input the email address of your Friend (used for registration in Turntable)
- 4) Tap on the ADD button to confirm addition

Estimated time: 2 minutes

TASK 5: Checking the sensor data

Description: Participants will open the Turntable Lively app and will monitor data recorded about carrots by the Agrumino sensor.

Guidelines for participants:

You would like to remotely monitor your carrot plant’s wellbeing.

- 1) Check the TURNTABLE Lively app icon in your phone.
- 2) Tap on the TURNTABLE Lively app icon in your phone to open the Lively application.
- 3) Scroll the plants images
- 4) Tap on the carrot image
- 5) Check if your carrot crop needs watering

Estimated time: 5 minutes

TASK 6: Checking correct sowing distance and good/bad neighbors

Description: Participants will use Turntable to check the correct sowing distances and the good/bad neighbors for the fennel.

Guidelines for participants:

You are considering adding fennel to your garden, so you need some advice and tips about fennel sowing distance and bad/good neighbors.

OPTION 1

- 1) Check the TURNTABLE Lively app icon in your phone
- 2) Tap on the TURNTABLE Lively app icon in your phone to open the Lively application
- 3) Tap on the Plants Card button
- 4) Insert Fennel in the search box at the top of the screen
- 5) Tap on the Florence fennel image
- 6) Check information reported in “Distance between plants”, “Good neighbors”, “Bad neighbors”.

OPTION 2

- 1) Check the TURNTABLE Tomappo app icon on your phone.
- 2) Tap on the TURNTABLE Tomappo app icon on your phone to open the Tomappo application
- 3) Tap on the Sidebar Menu button in the upper left corner of the Tomappo Home screen
- 4) Tap on the Vegetables button
- 5) Tap on the Tuber vegetables button
- 6) Tap on the Florence fennel button
- 7) Check information reported in “Distance between plants”, “Good neighbors”, “Bad neighbors”.

Estimated time: 5 minutes