



Week 1 – Foundations & Interface

- **Day 1**: Interface & Setup Workspace overview (Design/Prototype/Share modes), toolbar, panels (Assets, Layers, Property Inspector), artboards basics, zoom/pan shortcuts, rulers/guides/grids.
- **Day 2**: Artboards & Navigation Creating/resizing artboards (mobile/desktop presets, custom sizes), artboard naming/organization, linking artboards, canvas navigation, device frames.
- **Day 3**: Basic Shapes & Drawing Tools Rectangle/Ellipse/Line/Polygon tools, pen tool basics (paths, curves), boolean operations (union/subtract/intersect), shape editing (corner radius, rotation).
- **Day 4**: Layers & Grouping Layers panel (reordering, locking, hiding), grouping/ungrouping, naming layers, repeat grid intro (for lists/grids), alignment/distribution tools.
- **Day 5**: Text & Colors Basics Type tool (point/area text), character/paragraph styling, color picker/swatch panel, gradients, drop shadows, opacity/blend modes intro.

Week 2 – Wireframing & Layout Essentials

- **Day 6**: Grids & Layout Basics Layout grids (columns, gutters, margins), responsive resize, fixed vs relative positioning, stacking order for layouts.
- **Day 7**: Importing Assets Place images/icons (drag/drop, embed), masking images, asset panel (reuse assets), Adobe Stock integration basics.
- **Day 8**: Components & States Intro Creating components (from selection), main/component instances, overriding instances, basic component states (e.g., default/hover).
- **Day 9**: Repeat Grid & Data Repeat grid for lists/cards/carousels, populating with placeholder data (text/images), grid editing/resizing.
- **Day 10**: Responsive Design Basics Responsive resize on artboards/components, constraints (pinning/fixing edges), percentage-based layouts.

Week 3 – Prototyping & Interactions

- **Day 11**: Prototype Mode Basics Switching to Prototype tab, wiring connections (tap/drag), previewing prototypes, device preview (desktop/mobile).
- **Day 12**: Basic Transitions & Triggers Transition types (dissolve, slide, push), easing/timing, triggers (tap, time, drag), overlay screens.
- **Day 13**: Advanced Interactions Auto-Animate (smooth transitions between similar elements), scroll groups (long pages), fixed-position elements.
- **Day 14**: Component States in Prototyping Hover/focus/pressed states, component switching, multi-state buttons/forms.
- **Day 15**: Voice & Gesture Prototyping Voice triggers basics (if supported), gesture interactions (swipe/pinch), keyboard navigation.

Week 4 – Advanced Design & Components

- **Day 16** : Design Systems & Assets Building a design system (colors, text styles, components), character styles, color themes, asset organization.
- **Day 17** : Nested Components & Stacks Nesting components, stack layouts (horizontal/vertical padding/spacing), auto-layout-like behavior with groups.
- **Day 18** : 3D Transforms & Perspective 3D transforms (rotate/tilt), perspective designs, combining with prototypes for depth effects.
- **Day 19** : Animations & Micro-Interactions Auto-Animate in depth, timing sequences, parallax scrolling basics, loading animations.
- **Day 20** : Plugins & Extensions Intro Accessing XD plugins (via menu), useful free plugins (e.g., charts, icons, accessibility checkers).

Week 5 – Sharing, Export & Professional Polish

- **Day 21** : Sharing & Collaboration Sharing links (view/comment/prototype), review mode, co-editing basics, version history.
- **Day 22** : Export Assets & Specs Exporting artboards/images (PNG/SVG/JPG), batch export, design specs (measurements, colors, CSS export).
- **Day 23** : Handoff to Developers Inspect panel (CSS properties, spacing, assets), redlines, developer handoff best practices.
- **Day 24** : Advanced Prototyping Polish Conditional interactions, variables (if available), accessibility considerations (contrast, alt text).
- **Day 25** : Full Workflow Recap & Practice End-to-end: Wireframe -> high-fidelity design -> components -> prototype -> share/export.





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