



Front End Technologies Week 3 Coding Assignment

Points possible: 70

Category	Criteria	% of Grade
Functionality	Does the code work?	25
Organization	Is the code clean and organized? Proper use of white space, syntax, and consistency are utilized. Names and comments are concise and clear.	25
Creativity	Student solved the problems presented in the assignment using creativity and out of the box thinking.	25
Completeness	All requirements of the assignment are complete.	25

Instructions: In VS Code, or an IDE of your choice, write the code that accomplishes the objectives listed below. Ensure that the code compiles and runs as directed. Take screenshots of the code and of the running program (make sure to get screenshots of all required functionality) and paste them in this document where instructed below. Create a new repository on GitHub for this week's assignments and push this document, with your JavaScript project code, to the repository. Add the URL for this week's repository to this document where instructed and submit this document to your instructor when complete.

Coding Steps:

1. Create a new website using HTML and Bootstrap. The website must include the following:
 - a. A Bootstrap navbar
 - b. A Bootstrap styled table
 - c. A Bootstrap styled form
 - d. At least 2 pages
 - e. Bootstrap grid used throughout to format elements
 - i. Elements should stack vertically when the window is small



PROMINEO TECH

Screenshots of Code:

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Document</title>
    <link rel="stylesheet" href="node_modules/bootstrap/dist/css/bootstrap.css">
    <script src="node_modules/jquery/dist/jquery.js"></script>
    <script src="node_modules/bootstrap/dist/js/bootstrap.bundle.js"></script>
    <script src="stop.css"></script>
</head>
<body>
    <!-- without page references the bookmarks wont properly work because the bookmarks will assume that it is on the current page. -->
    <nav class="navbar navbar-expand-sm navbar-light bg-light">
        <a class="navbar-brand" href="index.html"></a>
        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarNavDropdown" aria-controls="#navbarNavDropdown" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarNavDropdown">
            <ul class="navbar-nav" id="nav">
                <li class="nav-item active dropdown">
                    <a class="nav-link dropdown-toggle" href="Intro.html" id="navbarDropdownMenuLink" role="button" data-toggle="dropdown" aria-haspopup="true" aria-expanded="false">
                        Introduction to Healthbot
                    </a>
                    <div class="dropdown-menu" aria-labelledby="navbarDropdownMenuLink">
                        <a class="dropdown-item" href="Intro.html#what.is.Healthbot">What Is Healthbot?</a>
                        <a class="dropdown-item" href="Intro.html#what.does.do">What is healthbot do?</a>
                        <a class="dropdown-item" href="Intro.html#what.is.battery">What is your daily "battery percentage"?</a>
                        <a class="dropdown-item" href="Intro.html#what.questionnaire">What is the questionnaire like?</a>
                        <a class="dropdown-item" href="Intro.html#How.Does.Healthbot.Help">How does Healthbot Assist me?</a>
                        <a class="dropdown-item" href="Intro.html#Why.want.one">What is healthbot do and why would I want one?</a>
                    </div>
                </li>
            </ul>
        </div>
    </nav>

```

```
<!-- without page references the bookmarks wont properly work because the bookmarks will assume that it is on the current page. -->
<!--<ul class="nav navbar-nav" id="nav">
    <li class="nav-item active dropdown">
        <a class="nav-link dropdown-toggle" href="Intro.html" id="navbarDropdownMenuLink" role="button" data-toggle="dropdown" aria-haspopup="true" aria-expanded="false">
            Introduction to Healthbot
        </a>
        <div class="dropdown-menu" aria-labelledby="navbarDropdownMenuLink">
            <a class="dropdown-item" href="Intro.html#what.is.Healthbot">What Is Healthbot?</a>
            <a class="dropdown-item" href="Intro.html#what.does.do">What is healthbot do?</a>
            <a class="dropdown-item" href="Intro.html#what.is.battery">What is your daily "battery percentage"?</a>
            <a class="dropdown-item" href="Intro.html#what.questionnaire">What is the questionnaire like?</a>
            <a class="dropdown-item" href="Intro.html#How.Does.Healthbot.Help">How does Healthbot Assist me?</a>
            <a class="dropdown-item" href="Intro.html#Why.want.one">What is healthbot do and why would I want one?</a>
        </div>
    </li>
</ul>
</div>
</div>
</div>
</div>
<!-- without page references the bookmarks wont properly work because the bookmarks will assume that it is on the current page. -->
<!--<ul class="nav navbar-nav" id="nav">
    <li class="nav-item dropdown">
        <a class="nav-link dropdown-toggle" href="Intro.html" id="navbarDropdownMenuLink" role="button" data-toggle="dropdown" aria-haspopup="true" aria-expanded="false">
            Introduction to Healthbot
        </a>
        <div class="dropdown-menu" aria-labelledby="navbarDropdownMenuLink">
            <a class="dropdown-item" href="Intro.html#what.is.Healthbot">What Is Healthbot?</a>
            <a class="dropdown-item" href="Intro.html#what.does.do">What is healthbot do?</a>
            <a class="dropdown-item" href="Intro.html#what.is.battery">What is your daily "battery percentage"?</a>
            <a class="dropdown-item" href="Intro.html#what.questionnaire">What is the questionnaire like?</a>
            <a class="dropdown-item" href="Intro.html#How.Does.Healthbot.Help">How does Healthbot Assist me?</a>
            <a class="dropdown-item" href="Intro.html#Why.want.one">What is healthbot do and why would I want one?</a>
        </div>
    </li>
</ul>
</div>
</div>
</div>
</div>
```



PROMINEO TECH

File Edit Selection View Go Run Terminal Help Intro.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

Intro.html HealthBot_you.html IMG_0009.jpg

```
38 </div>
39 </ul>
40
41 <!-- without page references the bookmarks wont properly work because the bookmarks will assume that it is on the current page. -->
42 <!-- made them into different lists to remove bullet point. -->
43
44 <div class="collapse navbar-collapse" id="navbarNavDropdown">
45   <ul class="navbar-nav" id="nav">
46     <li class="nav-item dropdown">
47       <a class="nav-link dropdown-toggle" href="HealthBot_you.html" id="navbarDropdownMenuLink" role="button" data-toggle="dropdown" aria-haspopup="true" aria-expanded="false">
48         HealthBot and You
49       </a>
50       <div class="dropdown-menu" aria-labelledby="navbarDropdownMenuLink">
51         <a class="dropdown-item" href="HealthBot_you.html#how-many">How many HealthBots are there?</a>
52         <a class="dropdown-item" href="HealthBot_you.html#interface">Opening your App</a>
53         <a class="dropdown-item" href="HealthBot_you.html#after-questionnaire">After Your questionnaire!</a>
54         <a class="dropdown-item" href="HealthBot_you.html#to-start">Starting Your Day with HealthBot</a>
55         <a class="dropdown-item" href="HealthBot_you.html#check-in">Scheduling Check ins</a>
56         <a class="dropdown-item" href="HealthBot_you.html#medication-reminder">Medication Reminders</a>
57         <a class="dropdown-item" href="HealthBot_you.html#extras">Extras with HealthBot</a>
58         <a class="dropdown-item" href="HealthBot_you.html#reminder-examples">Reminders Examples</a>
59       </div>
60     </li>
61   </ul>
62 </div>
63
64 </div>
65
66 <!-- to show off alllllll-robos-use-carousel, with the power to move it along-->
67
68
69
70
71
72
73
74
75
```

OUTLINE

Ln 45, Col 37 Spaces: 4 UTF-8 CR LF HTML ⚡

File Edit Selection View Go Run Terminal Help Intro.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

Intro.html HealthBot_you.html IMG_0009.jpg

```
71 <!-- to show off alllllll-robos-use-carousel, with the power to move it along-->
72
73
74
75
76 <div id="carouselExampleIndicators" class="carousel slide" data-ride="carousel">
77   <!-- 23 HealthBots to show off-->
78   <ol class="carousel-indicators">
79     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="0" class="active"></li>
80     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="1"></li>
81     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="2"></li>
82     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="3"></li>
83     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="4"></li>
84     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="5"></li>
85     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="6"></li>
86     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="7"></li>
87     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="8"></li>
88     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="9"></li>
89     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="10"></li>
90     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="11"></li>
91     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="12"></li>
92     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="13"></li>
93     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="14"></li>
94     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="15"></li>
95     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="16"></li>
96     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="17"></li>
97     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="18"></li>
98     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="19"></li>
99     <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="20"></li>
100    <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="21"></li>
101    <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="22"></li>
102  </ol>
103  <div class="carousel-inner">
104    <style>
105      .carousel-item{
106        background-color: #f8f9fa;
107        object-position: center;
108      }
109    </style>
110  </div>
111</div>
```

OUTLINE

Ln 45, Col 37 Spaces: 4 UTF-8 CR LF HTML ⚡



PROMINEO TECH

File Edit Selection View Go Run Terminal Help Intro.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER ...

> OPEN EDITORS

> FRONT END DEV WEEK 3

- > extras
- > node_modules
- > page.2
- > robos
- health.botLogo.3.png
- HealthBot_extras.html
- HealthBot_you.html
- Intro.html
- { package-lock.json
- { package.json
- thinkin.png

File Edit Selection View Go Run Terminal Help Intro.html - Front End Dev Week 3 - Visual Studio Code

INTRO.HTML

```
<html><body><nav.navbar.navbar-expand-sm.navbar-light.bg-light><div#navbarNavDropdown.collapse.navbar-collapse><ul#nav.navbar-nav>
```

```
    <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="22"></li>
```

```
    <div class="carousel-inner">
```

```
        <div class="carousel-item active">
```

```
            
```

```
        </div>
```

```
        <div class="carousel-item">
```

```
            
```

```
        </div>
```

```
        <div class="carousel-item">
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        </div>
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```
        <div class="carousel-item">
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        </div>
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        <div class="carousel-item">
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        </div>
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```
        <div class="carousel-item">
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```
            
```

```
        </div>
```

```
        <div class="carousel-item">
```

```
            
```

```
        </div>
```

```
<!-- just for the buttons -->
```

In 45 Col 37 Spaces: 4 UTF-8 CRLF HTML R²

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EXPLORER ...

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File Edit Selection View Go Run Terminal Help Intro.html - Front End Dev Week 3 - Visual Studio Code

INTRO.HTML

```
<html><body><nav.navbar.navbar-expand-sm.navbar-light.bg-light><div#navbarNavDropdown.collapse.navbar-collapse><ul#nav.navbar-nav>
```

```
    <div class="carousel-item">
```

```
        
```

```
    </div>
```

```
    <div class="carousel-item">
```

```
        
```

```
    </div>
```

```
    <div class="carousel-item">
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    </div>
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    <div class="carousel-item">
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    </div>
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    <div class="carousel-item">
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    </div>
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    <div class="carousel-item">
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    </div>
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    <div class="carousel-item">
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    </div>
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    <div class="carousel-item">
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    </div>
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    <div class="carousel-item">
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    </div>
```

```
    <div class="carousel-item">
```

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```

```
    </div>
```

```
    <div class="carousel-item">
```

```
        
```

```
    </div>
```

```
    <div class="carousel-item">
```

```
        
```

```
    </div>
```

```
<!-- just for the buttons -->
```

In 45 Col 37 Spaces: 4 UTF-8 CRLF HTML R²



PROMINEO TECH

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- (package-lock.json
- (package.json
- thinkin.png

```
187 <!-- just for the buttons -->
188 <a class="carousel-control-prev" href="#carouselExampleIndicators" role="button" data-slide="prev">
189 <span class="carousel-control-prev-icon" aria-hidden="true"></span>
190 <span class="sr-only">Previous</span>
191 </a>
192 <a class="carousel-control-next" href="#carouselExampleIndicators" role="button" data-slide="next">
193 <span class="carousel-control-next-icon" aria-hidden="true"></span>
194 <span class="sr-only">Next</span>
195 </a>
196 </div>
197 <div class="container">
198   <div class="row">
199     <div class="col-lg">
200       
201     <h2 id="What.is.Healthbot">What is Healthbot?</h2>
202     <p>Healthbot is a Wellness Assistant designed to cater to the user's needs based on their answers from the questionnaire. Your Healthbot is intended to assist your daily life, while also making sure your mental health is not forgotten in the chaos of everyday life. Your Healthbot has many options on how to best assist <b>you</b> in your daily life, also some optional alerts or log questions that can be added by the user. Healthbot is designed to help you keep up to date log while also trying to minimize the time required to log this important information. </p>
203   </div>
204   <div class="col-lg">
205     
206     <h2 id="What.does.do">What is healthbot do?</h2>
207     <p>Like previously stated your Healthbot is tailored towards <b>you</b> per your completed questionnaire taken before you select your Healthbot so it can better assist you. With this questionnaire you can check off certain topics that you struggle with, if you have any mental health diagnosis to note. You will also have the chance to enlighten your Healthbot on de stressing activities that help you calm down. As well as alerting your Healthbot of any stressors, examples could be something like a nightmare or a check-in on your battery level after a certain timed event such as school or work. Some basic information it will ask to collect and record on your daily log. This can be very helpful when trying to find patterns in your mental health. </p>
208   </div>
209 </div>
210 </div>
211 </div>
212 </div>
213 </div>
214 <h2 id="What.does.do">What is healthbot do?</h2>
215 <p>Like previously stated your Healthbot is tailored towards <b>you</b> per your completed questionnaire taken before you select your Healthbot so it can better assist you. With this questionnaire you can check off certain topics that you struggle with, if you have any mental health diagnosis to note. You will also have the chance to enlighten your Healthbot on de stressing activities that help you calm down. As well as alerting your Healthbot of any stressors, examples could be something like a nightmare or a check-in on your battery level after a certain timed event such as school or work. Some basic information it will ask to collect and record on your daily log. This can be very helpful when trying to find patterns in your mental health. </p>
216 </div>
217 </div>
218 </div>
219 </div>
220 </div>
221 </div>
222 </div>
223 </div>
224 </div>
```

Ln 45, Col 37 Spaces: 4 UTF-8 CRLF HTML

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File Edit Selection View Go Run Terminal Help Intro.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER ...

OPEN EDITORS

FRONT END DEV WEEK 3

- > extras
- > node_modules
- > page_2
- > robos
- healthbotlogo3.png
- HealthBot_extras.html
- HealthBot_you.html
- Intro.html
- (package-lock.json
- (package.json
- thinkin.png

```
227 <div class="container">
228   <div class="row">
229     <div class="col-lg">
230       
231     <h2 id="What.is.battery">What is your daily "battery percentage"?</h2>
232     <p>Your daily battery percentage is like your energy levels for the day. As we are well aware not everyday's the same therefore you start with a different amount every day.
233     <span class="list-group"><ul>Things happen that can affect battery levels
234       <li>like a nightmare</li>
235       <li>waking up to bad news</li>
236       <li>waking up with a headache</li>
237       <li>your quality of sleep was poor</li>
238       <li>you woke up late</li>
239       <li>or certain days could be worse due to a previous event that was traumatic to you or days that are just harder for you.</li>
240     </ul></span>
241     <p>As your day goes on your battery level can go up or down depending on how your day goes. An example of it going up would be getting recognized for hard work. An example of it going down would be a particularly hard day at work or school. Or maybe someone said something that really drained you. Some days are harder to do things than others, looking back on a week can sometimes be easy to discount your weekly struggle and only see what you had not completed and ignore what you had faced throughout your week. With your daily logs having recorded your battery levels you can better assess what you can do to bring your battery level up or if you need to take time and realize that one day doesn't define your week, month, or you as a person. Here with Healthbot we aim to help you get a better understanding of your patterns and help you realize how to better accomplish your goals</p>
242   </div>
243   <div class="col-lg">
244     
245     <h2 id="What.questionnaire">What is the questionnaire like?</h2>
246     <p>The questionnaire is a very detailed and time consuming process but is necessary for accurate assistance of your Healthbot.
247     <ul>This includes information like conditions such as
248       <li>Depression</li>
249       <li>Anxiety</li>
250       <li>PTSD</li>
251       <li>Obsessive Compulsive Disorder</li>
252       <li>Autism</li>
253       <li>Attention-Deficit Disorder(hyper)</li>
254     </ul>
255   </div>
```

Ln 45, Col 37 Spaces: 4 UTF-8 CRLF HTML

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PROMINEO TECH

File Edit Selection View Go Run Terminal Help Intro.html - Front End Dev Week 3 - Visual Studio Code

OPEN EDITORS

FRONT END DEV WEEK 3

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health.bot.logo.3.png
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Intro.html
package-lock.json
package.json
thinkin.png

```
256      of your HealthBot.  
257      <ul>This includes information like conditions such as  
258      <li>Depression</li>  
259      <li>Anxiety</li>  
260      <li>PTSD</li>  
261      <li>Obsessive Compulsive Disorder</li>  
262      <li>Autism</li>  
263      <li>Attention-Deficit Disorder(hyper)</li>  
264      <li>Attention-Deficit Disorder(hypo)</li>  
265      <li>etc.</li>  
266      </ul>  
267      These can branch out to more detailed branching questions on triggers, distressors, if any of these conditions  
268      make some tasks more difficult and if you would like assistance to stargaze, alert, or a log question to keep  
269      track of certain conditions. There can be reminders on things such as eating, drinking water, going to bed at  
270      a certain time etc. With the questionnaire and your honest answers your HealthBot will be able to try to assist  
271      you the best it can personalize for you. Without your answers your HealthBot will be left on default settings  
272      and will be at a disadvantage to better assist you. </p>  
273      </div>  
274      </div>  
275      </div>  
276  
277  
278  
279  <div class="container">  
280    <div class="row">  
281      <div class="col-lg">  
282          
283        <h2 id="How.does.HealthBot.Help">How does HealthBot Assist me?</h2>  
284        <p>As mentioned above HealthBots are very personalized, initially by your questionnaire and then  
285        after user experience you can give the HealthBot more duties to assist you. A great example would  
286        be if you were to take a new medication, you could add a question to your daily logs that accounts  
287        for that change in medication. With that you can give a more accurate explanation to your doctors  
288        on how your new medication is affecting your day to day life. You can have the Healthbot remember  
289        if you need a check-in on your mental health. An optional to do list dependant on your battery level  
290        and can be then remembered to remind you later or if you complete this task can be written and added  
291        to your log to remind you of what you have accomplished on that day. Your HealthBot is to better assist  
292        you as best as it can with the provided information given by you.<br/> A HealthBot however is not a  
293        replacement to therapy or medication, a HealthBots job is to assist in your wellness with your  
294        current services.<br/></p>  
295      </div>  
296      <div class="col-lg">  
297          
298        <h2 id="why.want.one">What is healthbot do and why would I want one?</h2>  
299        <p>A HealthBot has many features pre-installed, as well as optional features that can be turned on per user  
300        request. A HealthBot can help assist you with alerts, keep a daily log, remind you in times of stress,  
301        your distressors, breathing exercises, goals to try to reach and reward you with medals when accomplishing  
302        your weekly goals. It can also help you understand how you can shape your weekly goals into more bite sized  
303        pieces to better achieve your goals and not overburden yourself. HealthBots goals are to assist and help you  
304        find patterns in your day to day life try to make connections and better understand yourself. </p>  
305      </div>  
306    </div>  
307  </div>  
308  
309  
310  
311  </body>  
312  </html>
```

OUTLINE

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```
277  
278  
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280    <div class="row">  
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282          
283        <h2 id="How.does.HealthBot.Help">How does HealthBot Assist me?</h2>  
284        <p>As mentioned above HealthBots are very personalized, initially by your questionnaire and then  
285        after user experience you can give the HealthBot more duties to assist you. A great example would  
286        be if you were to take a new medication, you could add a question to your daily logs that accounts  
287        for that change in medication. With that you can give a more accurate explanation to your doctors  
288        on how your new medication is affecting your day to day life. You can have the Healthbot remember  
289        if you need a check-in on your mental health. An optional to do list dependant on your battery level  
290        and can be then remembered to remind you later or if you complete this task can be written and added  
291        to your log to remind you of what you have accomplished on that day. Your HealthBot is to better assist  
292        you as best as it can with the provided information given by you.<br/> A HealthBot however is not a  
293        replacement to therapy or medication, a HealthBots job is to assist in your wellness with your  
294        current services.<br/></p>  
295      </div>  
296      <div class="col-lg">  
297          
298        <h2 id="why.want.one">What is healthbot do and why would I want one?</h2>  
299        <p>A HealthBot has many features pre-installed, as well as optional features that can be turned on per user  
300        request. A HealthBot can help assist you with alerts, keep a daily log, remind you in times of stress,  
301        your distressors, breathing exercises, goals to try to reach and reward you with medals when accomplishing  
302        your weekly goals. It can also help you understand how you can shape your weekly goals into more bite sized  
303        pieces to better achieve your goals and not overburden yourself. HealthBots goals are to assist and help you  
304        find patterns in your day to day life try to make connections and better understand yourself. </p>  
305      </div>  
306    </div>  
307  </div>  
308  
309  
310  
311  </body>  
312  </html>
```

OUTLINE

Ln 45, Col 37 Spaces: 4 UTF-8 CRLF HTML



PROMINEO TECH

File Edit Selection View Go Run Terminal Help HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

- > extras
- > node_modules
- > page_2
- > robos
- health.bot.logo.3.png
- HealthBot_extras.html
- HealthBot_you.html
- Intro.html
- package-lock.json
- package.json
- thinkin.png

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Document</title>
    <link rel="stylesheet" href="node_modules/bootstrap/dist/css/bootstrap.css">
    <script src="node_modules/jquery/dist/jquery.js"></script>
    <script src="node_modules/bootstrap/dist/js/bootstrap.bundle.js"></script>
  </head>
  <body>

    <!-- without page references the bookmarks wont properly work because the bookmarks will assume that it is on the current page. -->
    <nav class="navbar navbar-expand-sm navbar-light bg-light">
      <a class="navbar-brand" href="index.html"></a>
      <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarNavDropdown">
        aria-controls="#navbarNavDropdown" aria-expanded="false" aria-label="Toggle navigation"
        <span class="navbar-toggler-icon"></span>
      </button>
      <div class="collapse navbar-collapse" id="navbarNavDropdown">
        <ul class="navbar-nav" id="nav">
          <li class="nav-item dropdown">
            <a class="nav-link dropdown-toggle" href="Intro.html" id="navbarDropdownMenuLink" role="button" data-toggle="dropdown" aria-haspopup="true" aria-expanded="false">
              Introduction to Healthbot
            </a>
            <div class="dropdown-menu" aria-labelledby="navbarDropdownMenuLink">
              <a class="dropdown-item" href="Intro.html#what.is.HealthBot">What Is HealthBot?</a>
              <a class="dropdown-item" href="Intro.html#what.does.do">What is healthbot do?</a>
              <a class="dropdown-item" href="Intro.html#what.is.battery">What is your daily "battery percentage"?</a>
              <a class="dropdown-item" href="Intro.html#what.questionnaire">What is the questionnaire like?</a>
              <a class="dropdown-item" href="Intro.html#how.Does.HealthBot.Help">How does HealthBot Assist me?</a>
              <a class="dropdown-item" href="Intro.html#my.want.one">What is healthbot do and why would i want one?</a>
            </div>
          </li>
        </ul>
      </div>
    </nav>
  </body>
</html>
```

Ln 43, Col 1 Spaces: 4 UTF-8 CRLF HTML ⚡

File Edit Selection View Go Run Terminal Help HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

- > extras
- > node_modules
- > page_2
- > robos
- health.bot.logo.3.png
- HealthBot_extras.html
- HealthBot_you.html
- Intro.html
- package-lock.json
- package.json
- thinkin.png

```
<a class="dropdown-item" href="Intro.html#How.Does.HealthBot.Help">How does HealthBot Assist me?</a>
<a class="dropdown-item" href="Intro.html#Why.want.one">What is healthbot do and why would i want one?</a>

</li>
</ul>
</div>
<!-- without page references the bookmarks wont properly work because the bookmarks will assume that it is on the current page. -->
<!-- made them into different lists to remove bullet point. -->
<div class="collapse navbar-collapse" id="navbarNavDropdown">
  <ul class="navbar-nav" id="nav">
    <li class="nav-item dropdown">
      <a class="nav-link active dropdown-toggle" href="HealthBot_you.html" id="navbarDropdownMenuLink" role="button" data-toggle="dropdown" aria-haspopup="true" aria-expanded="false">
        HealthBot and You
      </a>
      <div class="dropdown-menu" aria-labelledby="navbarDropdownMenuLink">
        <a class="dropdown-item" href="HealthBot_you.html#How.many">How many HealthBots are there?</a>
        <a class="dropdown-item" href="HealthBot_you.html#Interface">Opening your App</a>
        <a class="dropdown-item" href="HealthBot_you.html#After.questionnaire">After Your questionnaire!</a>
        <a class="dropdown-item" href="HealthBot_you.html#Start">Starting Your Day with Healthbot</a>
        <a class="dropdown-item" href="HealthBot_you.html#Check.in">Scheduling Check ins</a>
        <a class="dropdown-item" href="HealthBot_you.html#Medication.reminder">Medication Reminders</a>
        <a class="dropdown-item" href="HealthBot_you.html#Extras">Extras with Healthbot</a>
        <a class="dropdown-item" href="HealthBot_you.html#Reminder.examples">Reminders Examples</a>
      </div>
    </li>
  </ul>
</div>
<!-- to show off alllllll-robos-use-carousel, with the power to move it along -->
```

Ln 43, Col 1 Spaces: 4 UTF-8 CRLF HTML ⚡



PROMINEO TECH

File Edit Selection View Go Run Terminal Help

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

> extras > node_modules > page.2 > robos

health.bot.logo.3.png HealthBot_extras.html HealthBot_you.html

Intro.html

```
67 <!-- to show off alllllll-robos-use-carousel, with the power to move it along-->
68 <div>
69   <!-- HealthBots to show off.-->
70
71   <div id="carouselExampleIndicators" class="carousel slide" data-ride="carousel">
72     <ol class="carousel-indicators">
73       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="0" class="active"></li>
74       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="1"></li>
75       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="2"></li>
76       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="3"></li>
77       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="4"></li>
78       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="5"></li>
79       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="6"></li>
80       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="7"></li>
81       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="8"></li>
82       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="9"></li>
83       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="10"></li>
84       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="11"></li>
85       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="12"></li>
86       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="13"></li>
87       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="14"></li>
88       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="15"></li>
89       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="16"></li>
90       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="17"></li>
91       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="18"></li>
92       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="19"></li>
93       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="20"></li>
94       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="21"></li>
95       <li data-bs-target="#carouselExampleIndicators" data-bs-slide-to="22"></li>
96     </ol>
97     <div class="carousel-inner">
98       <style>
99         .carousel-item{
100           background-color:rgba(83, 81, 79, 0.3);
101           object-position: center;
102         }
103       </style>
104     </div>
105   </div>
106   <div class="carousel-item active">
107     
108   </div>
109   <div class="carousel-item">
110     
111   </div>
112   <div class="carousel-item">
113     
114   </div>
115   <div class="carousel-item">
116     
117   </div>
118   <div class="carousel-item">
119     
120   </div>
121   <div class="carousel-item">
122     
123   </div>
124   <div class="carousel-item">
125     
126   </div>
127   <div class="carousel-item">
128     
129   </div>
130 </div>
131 </div>
132 </div>
133 </div>
134 </div>
135 </div>
136 </div>
```

OUTLINE ▲ 0

Ln 43, Col 1 Spaces:4 UTF-8 CR LF HTML ⚡

File Edit Selection View Go Run Terminal Help

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

> extras > node_modules > page.2 > robos

health.bot.logo.3.png HealthBot_extras.html HealthBot_you.html

Intro.html

```
99 <div class="carousel-inner">
100   <style>
101     .carousel-item{
102       background-color:rgba(83, 81, 79, 0.3);
103       object-position: center;
104       background-position-x: center;
105     }
106     .carousel-item img{
107       width: auto;
108       margin: auto;
109       display: block;
110     }
111   </style>
112
113   <div class="carousel-item active">
114     <!-- class w-25 = 25% of the OG IMAGE-->
115     
116   </div>
117   <div class="carousel-item">
118     
119   </div>
120   <div class="carousel-item">
121     
122   </div>
123   <div class="carousel-item">
124     
125   </div>
126   <div class="carousel-item">
127     
128   </div>
129   <div class="carousel-item">
130     
131   </div>
132   <div class="carousel-item">
133     
134   </div>
135   <div class="carousel-item">
136     
137   </div>
138 </div>
139 </div>
140 </div>
141 </div>
142 </div>
143 </div>
144 </div>
```

OUTLINE ▲ 0

Ln 43, Col 1 Spaces:4 UTF-8 CR LF HTML ⚡



PROMINEO TECH

File Edit Selection View Go Run Terminal Help HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER FRONT END DEV WEEK 3 OPEN EDITORS HealthBot_you.html Intro.html

```
<div class="carousel-item">
  
</div>
```

OUTLINE

In 43, Col 1 Spaces: 4 UTF-8 CRLF HTML ⚡

File Edit Selection View Go Run Terminal Help HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER FRONT END DEV WEEK 3 OPEN EDITORS HealthBot_you.html Intro.html

```
<div class="carousel-item">
  
</div>
```

<!-- just for the buttons -->

```
<a class="carousel-control-prev" href="#carouselExampleIndicators" role="button" data-slide="prev">
  <span class="carousel-control-prev-icon" aria-hidden="true"></span>
  <span class="sr-only">Previous</span>
</a>
<a class="carousel-control-next" href="#carouselExampleIndicators" role="button" data-slide="next">
  <span class="carousel-control-next-icon" aria-hidden="true"></span>
  <span class="sr-only">Next</span>
</a>
```

OUTLINE

In 43, Col 1 Spaces: 4 UTF-8 CRLF HTML ⚡



PROMINEO TECH

File Edit Selection View Go Run Terminal Help HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

> extras
> node_modules
> page.2
> robos
health.bot.logo.3.png
HealthBot_extras.html
HealthBot_you.html
Intro.html
(package-lock.json
(package.json
thinkin.png

195 <div class="container">
196 <div class="row">
197 <div class="col-lg-6">
198
199
200 <h2 id="How.many">How many HealthBots are there?</h2>
201 <p>HealthBot is a Wellness Assistant designed to cater to the user's needs, it also has many models, 23 so far. With that many options the HealthBot Team is sure that you'll find a wonderful match! You can choose just one HealthBot or choose a small team of Healthbots to help cater with different types of needs. One HealthBot can remind you of self care while the other can remind you of time related activities that need to be done. Below is an example of a couple teams of
</p>
202 </div>
203 </div>
204 <!--You can put icons/imgs in tables!!!-->
205 <table class="table table-striped">
206 <thead>
207 <tr>
208 <th scope="col">Team</th>
209 <th scope="col">dedication
Reminders</th>
210 <th scope="col">Self-Care
Reminders</th>
211 <th scope="col">User-Set
Reminders</th>
212 <th scope="col">External-Environment
Reminders</th>
213 <th scope="col">Timed-Related
Reminders</th>
214 </tr>
215 </thead>
216 <tbody>
217 <tr>
218 <th scope="row"></th>
219 <td></td>
220 <td></td>
221 </tr>
222 </tbody>
223 </table>

224 File Edit Selection View Go Run Terminal Help HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

> extras
> node_modules
> page.2
> robos
health.bot.logo.3.png
HealthBot_extras.html
HealthBot_you.html
Intro.html
(package-lock.json
(package.json
thinkin.png

225 <th scope="col">Timed-Related
Reminders</th>
226 </tr>
227 </thead>
228 <tbody>
229 <tr>
230 <th scope="row"></th>
231 <td></td>
232 <td></td>

233 <td></td>
234 <td></td>
235 <td></td>
236 </tr>
237 <tr>
238 <th scope="row"></th>
239 <td></td>
240 <td></td>
241 <td></td>
242 <td></td>
243 <td></td>
244 </tr>
245 <tr>
246 <th scope="row"></th>
247 <td></td>
248 <td></td>
249 <td></td>
250 <td></td>
251 <td></td>
252 </tr>
253 </tbody>
254 </table>
255 <div class="container">
256 <div class="col-md-6">
257
258 <h2>After you complete your quiz </h2>
259 <p>After a quiz is completed it may take some time to properly load all the information needed to accurately</p>
260 </div>



PROMINEO TECH

File Edit Selection View Go Run Terminal Help

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3 Intro.html HealthBot_you.html

```
<!-- HealthBot.html --> <html> <body> <nav> navbar-expand-sm navbar-light bg-light
  <td></td>
  <td></td>
  <td></td>
  <td></td>
  <td></td>
</tr>
</tbody>
</table>

<div class="container">
  <div class="col-md-6">
    
    <h2>After you complete your quiz </h2>
    <p>After a quiz is completed it may take some time to properly load all the information needed to accurately </p>
  </div>
  <div class="col-md-6">
    
    <h2 id="interface">Opening your app!</h2>
    <p>When the application is opened up your HealthBot will be waiting to assist you!</p>
  </div>
</div>

<div class="container">
  <div class="row">
    <div class="col-md">
      
      <h2 id="After.questionnaire">After Your Questionnaire!</h2>
      <p>A Healthbot will create a list of the stressors in your life based on your answers. </p>
    </div>
    <!-- so it looks better on a smaller screen -->
    <div class="col-md">
      
      <h2>Logging your start of the day!</h2>
      <p>As well as You'll be given a list of de-stressors as well! These will be great to have a list to help calm down in moments of panic. </p>
    </div>
  </div>
</div>
```

Ln 43, Col 1 Spaces: 4 UTF-8 CRLF HTML ⚡

File Edit Selection View Go Run Terminal Help

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3 Intro.html HealthBot_you.html

```

<h2>Logging your start of the day!</h2>
<p>As well as You'll be given a list of de-stressors as well! These will be great to have a list to help calm down in moments of panic. </p>
</div>

<div class="container">
  <div class="row">
    <div class="col-lg">
      
      <h2 id="To.Start">Starting your day with Healthbot!</h2>
      <p>To start your day with Healthbot you'll normally awake to an alert like this, this will then be logged within your daily logs. </p>
    </div>
    <div class="col-lg">
      
      <h2>Logging your start of the day!</h2>
      <p>After your battery level has been confirmed you'll see your Healthbot alert you that it has been logged accordingly. </p>
    </div>
  </div>
</div>

<div class="container">
  <div class="row">
    <div class="col-lg-6">
      
      <h2 id="Check.In">Scheduling Check ins</h2>
      <p>Certain times of the day can trigger certain events and those events can drain our battery levels or raise them. </p>
    </div>
    <div class="col-lg-6">
      
      <h2>Quick Replies to Logs</h2>
    </div>
  </div>
</div>
```

Ln 43, Col 1 Spaces: 4 UTF-8 CRLF HTML ⚡



PROMINEO TECH

File Edit Selection View Go Run Terminal Help HealthBot_You.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER ...

> OPEN EDITORS

✓ FRONT END DEV WEEK 3

> extras

> node_modules

> page.2

> robots

healthbotlogo.3.png

HealthBot_extras.html

HealthBot_you.html

Intro.html

HealthBot_you.html

Intro.html

HealthBot_you.html

HealthBot_you.html > HTML > body > nav.navbar.navbar-expand-sm.navbar-light.bg-light

313 </div>

314 </div>

315 <div class="col-lg-6">

316

317 <h2>Quick Replies to Logs</h2>

318 <p>After your battery level has been confirmed you'll see your HealthBot give you quick replies on what changed your battery levels.</p>

319 </div>

320 </div>

321

322

323

324 <div class="container">

325 <div class="row">

326 <div class="col-md">

327

328 <h2>Further explanation</h2>

329 <p>You'll then be prompted to explain further if you want to record or type out your explanation</p>

330 </div>

331 </div>

332 <div class="col-md">

333

334 <h2>How you want to update your Log!</h2>

335 <p>After confirming that you do indeed want to add an explanation to your logs you'll see the options on whether to type your explanation or record a voice clip.</p>

336 </div>

337 </div>

338 <div class="col-md">

339

340 <h2>Your log has been updated!</h2>

341 <p>Then your log will be updated accordingly</p>

342 </div>

343 </div>

344 </div>

345 </div>

346 </div>

347

348 <div class="container">

349 <div class="row">

File Edit Selection View Go Run Terminal Help

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

EXPLORER

OPEN EDITORS

FRONT END DEV WEEK 3

- > extras
- > node_modules
- > page-2
- > robos
- healthbot/logo.3.png
- Healthbot_extras.html
- Healthbot_you.html
- Intro.html
- package-lock.json
- package.json
- thinkin.png

HealthBot_you.html

Intro.html

HealthBot_you.html

```
347
348     <div class="container">
349         <div class="row">
350             <div class="col-lg">
351                 
352                 <h2 id="Medication_reminders">Medication Reminders</h2>
353                 <p>With Healthbot you can also set Medication reminders! You can give the medication names, or what they are for
354                 , can set as many reminders as needed.
355             </div>
356         </div>
357
358         <div class="col-lg">
359             
360             <h2>Logging Medication</h2>
361             <p>After you have taken your medications you can then if you are ever unsure if you have taken them or not look
362             back on your daily logs!
363         </div>
364     </div>
365
366 </div>
367
368     <div class="container">
369         <div class="row">
370             <div class="col-md-4">
371                 
372                 <h2 id="Extras">Breathing Exercise</h2>
373                 <p>With Healthbot you can do some breathing exercises breathing in with the light retracting back into the UFO
374             </div>
375         </div>
376
377         <div class="col-md-4">
378             
379             <h2>Breathing Exercise</h2>
380             <p>Then breathing out with the glow of the UFO!
381         </div>
382     </div>
383
```



PROMINEO TECH

File Edit Selection View Go Run Terminal Help

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

- extras
- node_modules
- page.2
- robos
- health.bot.logo.3.png
- HealthBot_extras.html
- HealthBot_you.html
- Intro.html
- package-lock.json
- package.json
- thinkin.png

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

```
381 </div>
382 </div>
383
384 <div class="col-md-4">
385   
386   <h2>Rewards!</h2>
387   <p>After reaching certain goals you can gain cute rewards to accessorize your Healthbots! These can be taking your meds everyday or brushing your teeth everyday. What ever goals you have and you follow through with youll be rewarded with some simple rewards. . .
388 </div>
389 </div>
390 </div>
391 </div>
392 </div>
393
394 <div class="container">
395   <div class="row">
396     <div class="col-lg-4">
397       
398       <h2>Reminder Examples</h2>
399       <p>You can have a hydration reminder<br/></p>
400     </div>
401
402     <div class="col-lg-4">
403       
404       <h2>Reminder Example 2</h2>
405       <p>A self care reminder will help you remember<br/>when to take a break.<br/></p>
406     </div>
407
408     <div class="col-lg-4">
409       
410       <h2>Reminder Example 3</h2>
411       <p>Being reminded that you want to eat healthy is another great reminder.<br/></p>
412     </div>
413
414   </div>
415 </div>
416 </div>
```

Ln 43, Col 1 Spaces: 4 UTF-8 CR/LF HTML R

File Edit Selection View Go Run Terminal Help

EXPLORER OPEN EDITORS FRONT END DEV WEEK 3

- extras
- node_modules
- page.2
- robos
- health.bot.logo.3.png
- HealthBot_extras.html
- HealthBot_you.html
- Intro.html
- package-lock.json
- package.json
- thinkin.png

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

```
416 </div>
417 </div>
418
419 <div class="container">
420   <div class="row">
421     <div class="col-lg-4">
422       
423       <h2>Reminder Example 4</h2>
424       <p>You can have a weather reminder to dress accordingly with the changing seasons<br/></p>
425     </div>
426
427     <div class="col-lg-4">
428       
429       <h2>Reminder Example 5</h2>
430       <p>A breathing exercise reminder may be prompted if your stress levels are very high<br/></p>
431     </div>
432
433     <div class="col-lg-4">
434       
435       <h2>Reminder Example 6</h2>
436       <p>Being reminded of a hobby you want to do can also be a reminder. . .<br/></p>
437     </div>
438
439   </div>
440 </div>
441 </div>
442 </div>
443
444 <!-- SLIDES ONLY -->
445 <div id="carouselIndicators" class="carousel slide" data-interval="4000" data-ride="carousel">
446   <!-- 23 Healthbots to show off. . . -->
447   <ol class="carousel-indicators">
448     <li data-bs-target="#carouselIndicators" data-bs-slide-to="0" class="active"></li>
449     <li data-bs-target="#carouselIndicators" data-bs-slide-to="1"></li>
450     <li data-bs-target="#carouselIndicators" data-bs-slide-to="2"></li>
451     <li data-bs-target="#carouselIndicators" data-bs-slide-to="3"></li>
452     <li data-bs-target="#carouselIndicators" data-bs-slide-to="4"></li>
453     <li data-bs-target="#carouselIndicators" data-bs-slide-to="5"></li>
```

Ln 43, Col 1 Spaces: 4 UTF-8 CR/LF HTML R



PROMINEO TECH

File Edit Selection View Go Run Terminal Help

OPEN EDITORS

FRONT END DEV WEEK 3

- > extras
- > node_modules
- > page2
- > robos
- health.bot.logo.3.png
- HealthBot_extras.html
- HealthBot_you.html
- Intro.html
- package-lock.json
- package.json
- thinkin.png

HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

```
443 <!-- SLIDES ONLY -->
444 <div id="carouselIndicators" class="carousel slide" data-interval="4000" data-ride="carousel">
445     <!-- 23 Healthbots to show off -->
446     <ol class="carousel-indicators">
447         <li data-bs-target="#carouselIndicators" data-bs-slide-to="0" class="active"></li>
448         <li data-bs-target="#carouselIndicators" data-bs-slide-to="1"></li>
449         <li data-bs-target="#carouselIndicators" data-bs-slide-to="2"></li>
450         <li data-bs-target="#carouselIndicators" data-bs-slide-to="3"></li>
451         <li data-bs-target="#carouselIndicators" data-bs-slide-to="4"></li>
452         <li data-bs-target="#carouselIndicators" data-bs-slide-to="5"></li>
453         <li data-bs-target="#carouselIndicators" data-bs-slide-to="6"></li>
454         <li data-bs-target="#carouselIndicators" data-bs-slide-to="7"></li>
455         <li data-bs-target="#carouselIndicators" data-bs-slide-to="8"></li>
456         <li data-bs-target="#carouselIndicators" data-bs-slide-to="9"></li>
457         <li data-bs-target="#carouselIndicators" data-bs-slide-to="10"></li>
458         <li data-bs-target="#carouselIndicators" data-bs-slide-to="11"></li>
459         <li data-bs-target="#carouselIndicators" data-bs-slide-to="12"></li>
460     </ol>
461     <div class="carousel-inner">
462         <div class="carousel-item active">
463             <!-- class w-25 = 25% of the OG IMAGE -->
464             
465         </div>
466         <div class="carousel-item">
467             
468         </div>
469         <div class="carousel-item">
470             
471         </div>
472         <div class="carousel-item">
473             
474         </div>
475         <div class="carousel-item">
476             
477         </div>
478         <div class="carousel-item">
479             
480     </div>

```

Ln 43, Col 1 Spaces:4 UTF-8 CR LF HTML

File Edit Selection View Go Run Terminal Help

OPEN EDITORS

FRONT END DEV WEEK 3

- > extras
- > node_modules
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HealthBot_you.html - Front End Dev Week 3 - Visual Studio Code

```
469 </div>
470     <div class="carousel-item">
471         
472     </div>
473     <div class="carousel-item">
474         
475     </div>
476     <div class="carousel-item">
477         
478     </div>
479     <div class="carousel-item">
480         
481     </div>
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495         
496     </div>
497     <div class="carousel-item">
498         
499     </div>
500     <div class="carousel-item">
501         
502     </div>
503     </div>
504 </div>
```

Ln 43, Col 1 Spaces:4 UTF-8 CR LF HTML



```
<div class="container">
    <div class="row">
        <div class="col-lg-4">
            
            <h2 id="HealthBot_life">How did Healthbot come to life? </h2>
            <p>It came to me when I wanted to help my friends with their daily struggles. I started to over extend more than what I could comfortably handle. However I still wanted to help and felt awful when I felt like I was not paying attention to my friends. In my own life I often forget my basic needs such as brushing my hair, forgetting to eat etc. It's not something a lot of people like to admit but I know I am not the only one who forgets. It's not a nice feeling to forget or feel too exhausted to think about taking care of yourself. I also have had bad days, but didn't want to over share to others, and sometimes I just want my thoughts recorded without having to ask anyone else for assistance. Having a quick alert system in place can help lessen the feel of your problems, check in after certain times in the day ,having a daily log that can help you and your doctor know if your new medication is working, or how you feel from day to day having a log may help relieve some people from the pressure of day to day life. I also thought it would be a nice tool to have a questionnaire that could help you understand patterns, stressors, distressors, things that may have been forgotten in the shuffle of day to day life. <br><br>
            I did not only think of myself, but also thought of my friends with their daily troubles, feeling too busy to take a moment to actually check in on your well being. It can become too much. So Health bot was my solution to be there for my friends in need without having them feel like they are over sharing or being a burden. It can just get it out to an unbiased 3rd party that can record it in a daily log which could be beneficial if you are going to therapy or trying a new medication. <br><br>
            As I thought of what it could do, I wanted to improve the medical assistant programs ability to assist the user in daily life. Finding out their de-stressors, giving them an optional to do list depending on their day, and if they have the "battery level" to do an object within that optional to-do list or if they wish to be reminded of it the next day so it isn't forgotten. <br><br>
            HealthBot is an app that I have been trying to create on and off for a year and decided to make this weeks project a mock up for my to be app to help with others mental health as best as it can. It cannot be a replacement for therapy or medication but I am hoping that it will help ease the burden of what is weighing someone down. Help them when they are stressed by giving them the pre-provided distressors given by the user in the questionnaire. It can also record days, either by text or recording. It could also be as simple as answering a few pop up notifications for the application to look back on and see how your week was. Of course the more information that can be given the better I hope the healthbot can assist many people once I actually complete it.
        </div>
    </div>
</div>
```

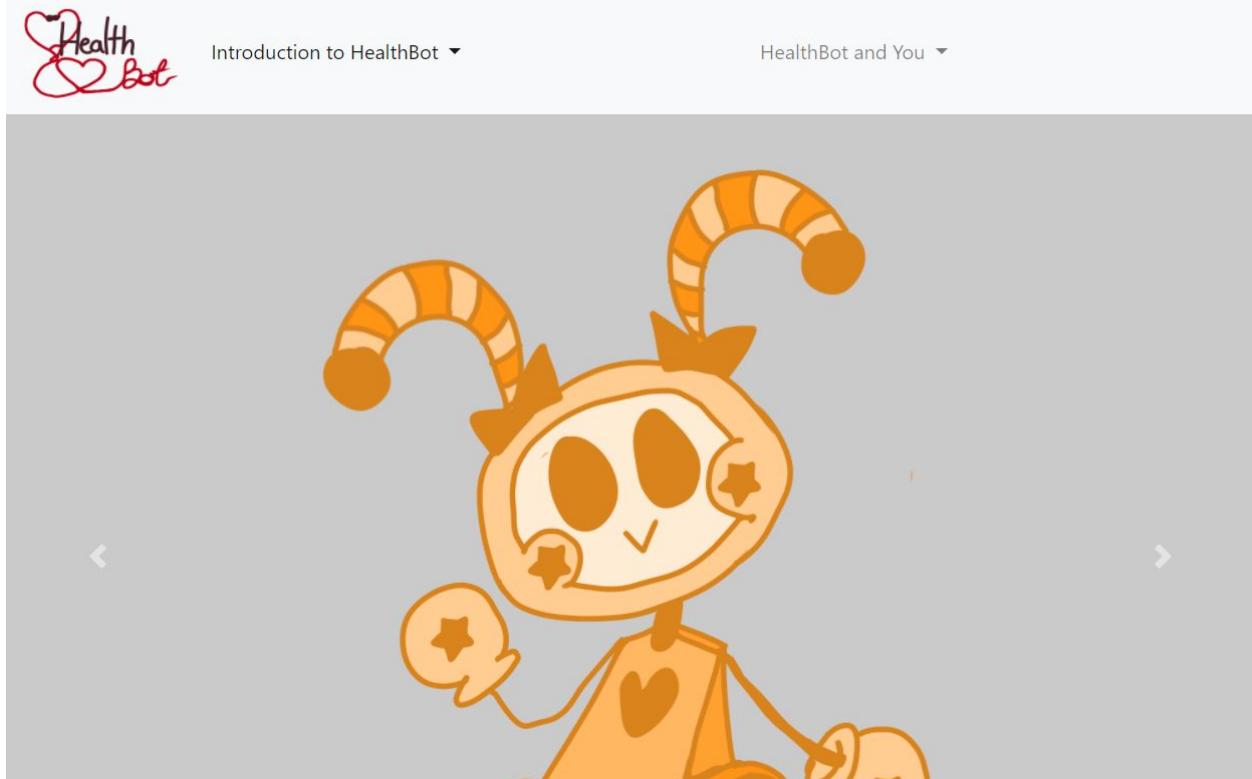
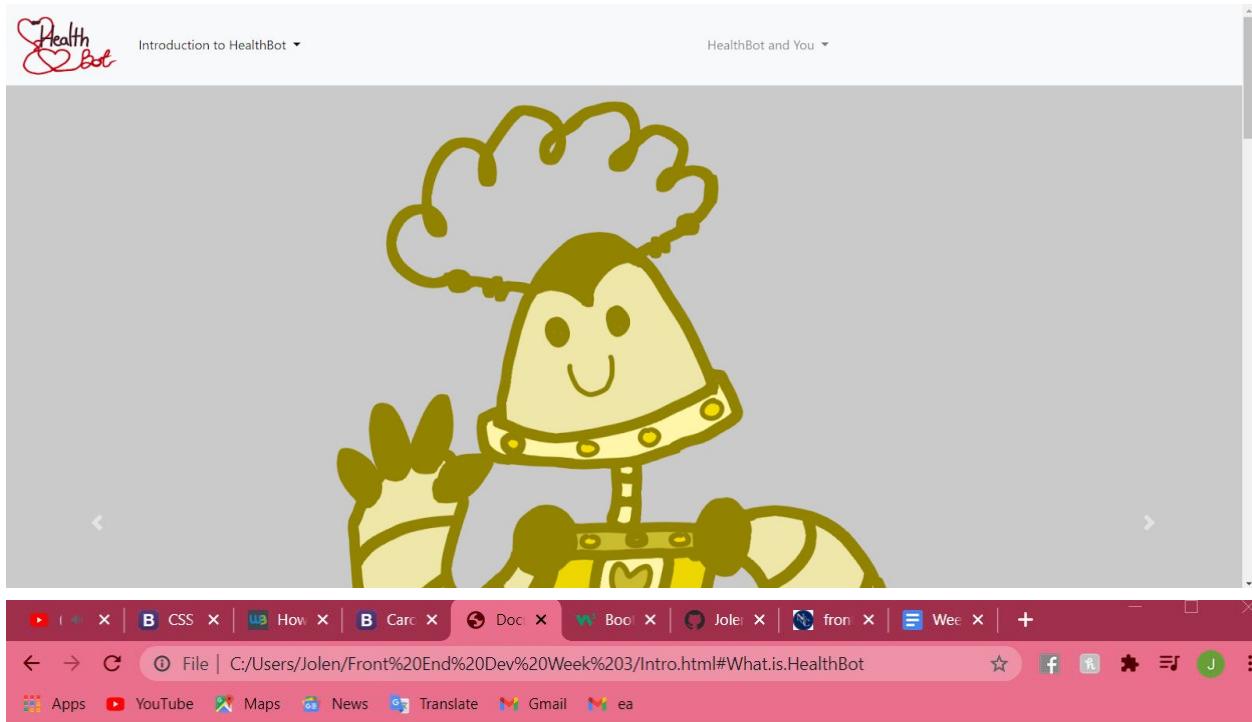
If you like to stay up to date on this application please put your information in.</h3>

```
<label for="formGroupExampleInput" class="form-label">First Name</label>
<input type="text" class="form-control" id="formGroupExampleInput" placeholder="First Name">
<div class="mb-3">
    <label for="formGroupExampleInput2" class="form-label">Last Name</label>
    <input type="text" class="form-control" id="formGroupExampleInput2" placeholder="Last name">
</div>
<div class="mb-3">
    <label for="exampleInputEmail" class="form-label">Email address</label>
    <input type="email" class="form-control" id="exampleInputEmail" aria-describedby="emailHelp">
    <div id="emailHelp" class="form-text">If you want to keep in contact with our updates!</div>
</div>
<div class="mb-3 form-check">
    <input type="checkbox" class="form-check-input" id="exampleCheck1">
    <label class="form-check-label" for="exampleCheck1">Yes agree to the Terms and Conditions</label>
</div>
<button type="submit" class="btn btn-primary">Submit</button>
```

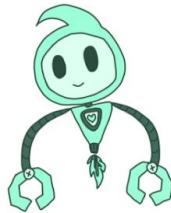
Screenshots of Running Application:



PROMINEO TECH



(smaller view above)



What is Healthbot?

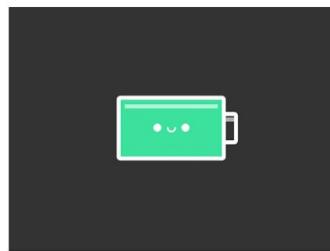
HealthBot is a Wellness Assistant designed to cater to the user's needs based on their answers from the questionnaire. Your HealthBot is intended to assist your daily life, while also making sure your mental health is not forgotten in the chaos of everyday life. Your HealthBot has many options on how to best assist you in your daily life, also some optional alerts or log questions that can be added by the user. HealthBot is designed to help you keep an up to date log while also trying to minimize the time required to log this important information.



What is healthbot do?

Like previously stated your HealthBot is tailored towards **you** per your completed questionnaire taken before you select your HealthBot so it can better assist you. With this questionnaire you can check off certain topics that you struggle with, if you have any mental health diagnosis to note. You will also have the chance to enlighten your HealthBot on de stressing activities that help you calm down. As well as alerting your HealthBot of any stressors, examples could be something like a nightmare or a check-in on your battery level after a certain timed event such as school or work. Some basic information it will ask to collect and record on your daily log. This can be very helpful when trying to find patterns in your mental health.

battery gif



What is your daily "battery percentage"?

Your daily battery percentage is like your energy levels for the day. As we are well aware not everyday's the same therefore you start with a different amount every day.

- Things happen that can affect battery levels
- like a nightmare
 - waking up to bad news
 - waking up with a headache
 - your quality of sleep was poor
 - you woke up late
 - or certain days could be worse due to a previous event that was traumatic to you or days that are just harder for you.

Be very helpful when trying to find patterns in your mental health.



What is the questionnaire like?

The questionnaire is a very detailed and time consuming process but is necessary for accurate assistance of your HealthBot.

This includes information like conditions such as

- Depression
- Anxiety
- PTSD
- Obsessive Compulsive Disorder
- Autism
- Attention-Deficit Disorder(hyper)
- Attention-Deficit Disorder(hypo)
- etc.

These can branch out to more detailed branching questions on triggers, stressors, if any of these conditions make some tasks more difficult and if



File | C:/Users/Jolen/Front%20End%20Dev%20Week%203/Intro.html#What.is.HealthBot

Apps YouTube Maps News Translate Gmail ea

Things happen that can affect battery levels

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- waking up to bad news
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- or certain days could be worse do to a previous event that was traumatic to you or days that are just harder for you.

As your day goes on your battery level can go up or down depending on how your day goes. An example of it going up would be getting recognized for hard work. An example of it going down would be a particularly hard day at work or school. Or maybe someone said something that really drained you. Some days are harder to do things than others, looking back on a week can sometimes be easy to discount your weekly struggle and only see what you had not completed and ignore what you had faced throughout your week. With your daily logs having recorded your battery levels you can better assess what you can do to bring your battery level up or if you need to take time and realize that one day doesn't define your week, month, or you as a person. Here with HealthBot we aim to help you get a better understanding of your patterns and help you realize how to better accomplish your goals

Anxiety
• PTSD
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HEY! This is your reminder to run!

HEY! This is your reminder to eat!

HEY! This is your reminder to meditate!

Based on your answers you have trouble with deadlines. Would you like me to set reminders and help your work load management to more easily reach goals?

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How does HealthBot Assist me?

As mentioned above HealthBots are very personalized, initially by your questionnaire and then after user experience you can give the HealthBot more duties to assist you. A great example would be if you were to take a new medication, you could add a question to your daily logs that accounts for that change in medication. With that you can give a more accurate explanation to your doctors on how your new medication is affecting your day to day life. You can have the HealthBot remember if you need a check-in on your mental health. An optional to do list dependant on your battery level and can be then remembered to remind you later or if you complete this task can be written and added to your log to remind you of what you have accomplished on that day. Your HealthBot is to better assist you as best as it can with the provided information given by you. **A HealthBot however is not a replacement to therapy or medication, a HealthBots job is to assist in your wellness with your current services.**

What is healthbot do and why would I want one?

A HealthBot has many features pre-installed, as well as optional features that can be turned on per user request. A HealthBot can help assist you with alerts, keep a daily log, remind you in times of stress, your distressors, breathing exercises, goals to try to reach and reward you with medals when accomplishing your weekly goals. It can also help you understand how you can shape your weekly goals into more bite sized pieces to better achieve your goals and not overburden yourself. HealthBots goals are to assist and help you find patterns in your day to day life try to make connections and better understand yourself.



PROMINEO TECH



Introduction to HealthBot ▾ HealthBot and You ▾

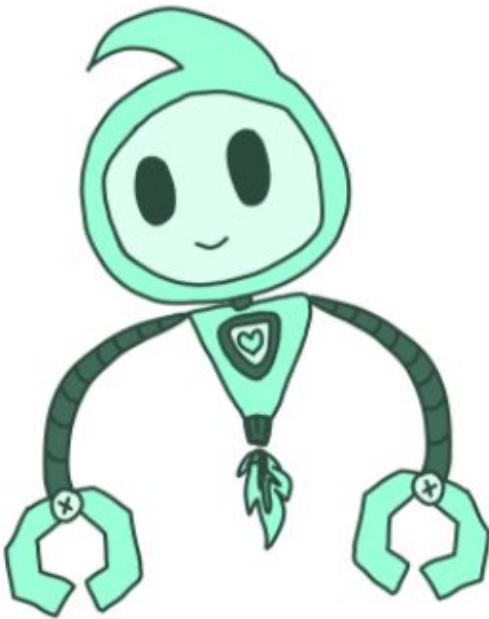
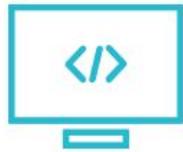




PROMINEO TECH

Health
Bot





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PROMINEO TECH

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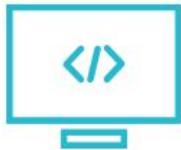
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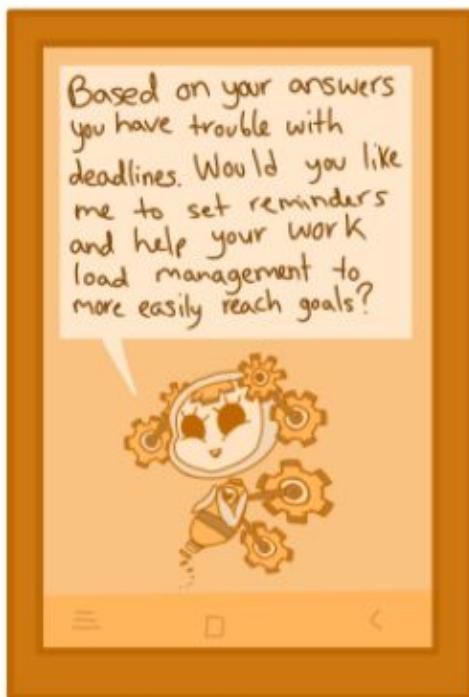


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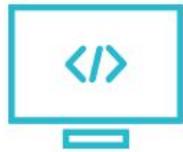
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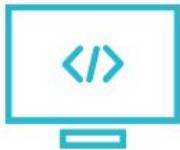
smaller view above



Introduction to HealthBot ▾

- What Is HealthBot?
- What is healthbot do?
- What is your daily “battery percentage”?
- What is the questionnaire like?
- How does HelathBot Assist me?
- What is healthbot do and why would I want one?

above is anchored parts of that page that will take you to that part using an id.



PROMINEO TECH

HealthBot and You ▾

- How many HealthBots are there?
- Opening your App
- After Your questionnaire!
- Starting Your Day with HealthBot
- Scheduling Check ins
- Medication Reminders
- Extras with HealthBot
- Reminders Examples

▶



How many HealthBots are there?

HealthBot is a Wellness Assistant designed to cater to the user's needs, it also has many models, 23 so far. With that many options the HealthBot Team is sure that you'll find a wonderful match! You can choose just one HealthBot or choose a small team of HealthBots to help cater with different types of needs. One HealthBot can remind you of self care while the other can remind you of time related activities that need to be done. Below is an example of a couple teams of

Team	Medication Reminders	Self-Care Reminders	User-Set Reminders	External-Environment Reminders	Timed-Related Reminders
------	----------------------	---------------------	--------------------	--------------------------------	-------------------------

Same with that one!



PROMINEO TECH



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Team	Medication Reminders	Self-Care Reminders	User-Set Reminders	External-Environment Reminders	Timed-Related Reminders
1					
2					
3					

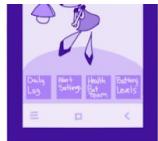
Start



After you complete your quiz

After a quiz is completed it may take some time to properly load all the information needed to accurately





Opening your app!

When the application is opened up your HealthBot will be waiting to assist you!



After Your questionnaire!

A HealthBot will create a list of the stressors in your life based on your answers.



Logging your start of the day!

As well as Youll be given a list of de-stressors as well! These will be great to have a list to help calm down in moments of panic.

After Your questionnaire!

A HealthBot will create a list of the stressors in your life based on your answers.



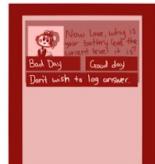
Starting your day with HealthBot?

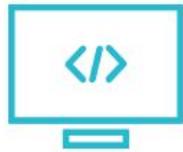
To start your day with HealthBot you'll normally awake to an alert like this, this will then be logged within your daily logs.



Logging your start of the day!

After your battery level has been confirmed youll see your HealthBot alert you that it has been logged accordingly.





PROMINEO TECH



Scheduling Check ins

Certain times of the day can trigger certain events and those events can drain our battery levels or raise them.



Quick Replies to Log

After your battery level has been confirmed you'll see your HealthBot give you quick replies on what changed your battery levels.



Further explanation

You'll then be prompted to explain further if you want to record or type out your explanation

How you want to update your Log!

After confirming that you do indeed want to add an explanation to your logs you'll see the options on whether to type your explanation or record a voice clip.



Your log has been updated

Then your log will be updated accordingly



Medication Reminders

With HealthBot you can also set Medication reminders! You can give the medication names, or what they are for ,can set as many reminders as needed.



Breathing Exercise

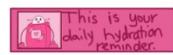
With HealthBot you can do some breathing exercises breathing in with the light retracting back into the UFO

Breathing Exercise

Then breathing out with the glow of the UFO!

Rewards!

After reaching certain goals you can gain cute rewards to accessorize your HealthBots! These can be taking your meds everyday or brushing your teeth everyday. What ever goals you have and you follow through with you'll be rewarded with some simple rewards.



Reminder Examples

You can have a hydration reminder



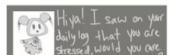
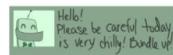
Reminder Example 2

A self care reminder will help you remember when to take a break.



Reminder Example 3

Being reminded that you want to eat healthy is another great reminder.





Reminder Examples

You can have a hydration reminder



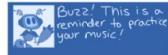
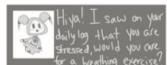
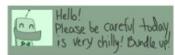
Reminder Example 2

A self care reminder will help you remember when to take a break.



Reminder Example 3

Being reminded that you want to eat healthy is another great reminder.



Reminder Example 4

You can have a weather reminder to dress accordingly with the changing seasons



Reminder Example 5

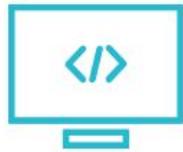
A breathing exercise reminder may be prompted if your stress levels are very high



Reminder Example 6

Being reminded of a hobby you want to do can also be a reminder.





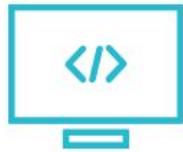
PROMINEO TECH



How did Healthbot come to life?

It came to me when I wanted to help my friends with their daily struggles, I started to over extend more than what I could comfortably handle. However I still wanted to help and felt awful when I felt like I was not paying attention to my friends. In my own life I often forget my basic needs such as brushing my hair, forgetting to eat etc. It's not something a lot of people like to admit but I know I am not the only one who forgets. It's not a nice feeling to forget or feel too exhausted to think about taking care of yourself. I also have had bad days, but didn't want to over share to others, and sometimes I just want my thoughts recorded without having to ask anyone else for assistance. Having a quick alert system in place can help lessen the feel of your problems, check in after certain times in the day ,having a daily log that can help you and your doctor know if your new medication is working, or how you feel from day to day having a log may help relieve some people from the pressure of day to day life. I also thought it would be a nice tool to have a questionnaire that could help you understand patterns, stressors, de-stressors, things that may have been forgotten in the shuffle of day to day life.

I did not only think of myself, but also thought of my friends with their daily troubles, feeling too busy to take a moment to actually check in on your well being. It can become too much. So Health bot was my solution to be there for my friends in need without having them feel like they are over



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As I thought of what it could do, I wanted to improve the medical assistant programs ability to assist the user in daily life. Finding out their de-stressors, giving them an optional to do list depending on their day, and if they have the "battery level" to do an object within that optional to-do list or if they wish to be reminded of it the next day so it isn't forgotten.

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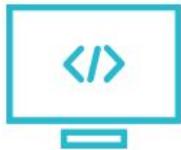
Email address

Email address

If you want to keep in contact with our updates!

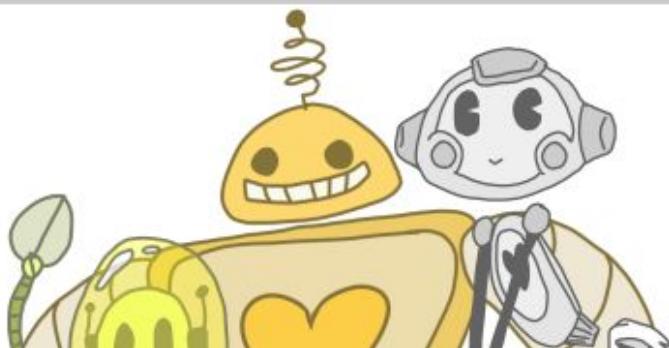
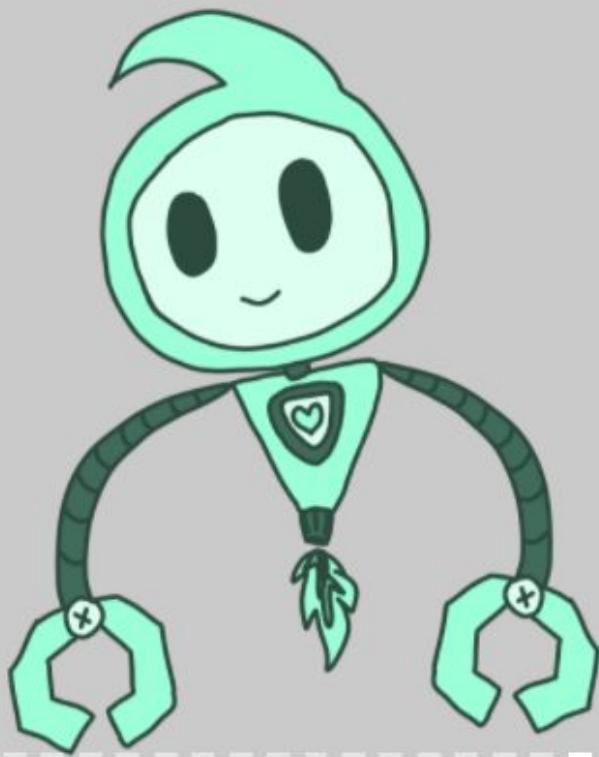
Yes agree to the Terms and Conditions

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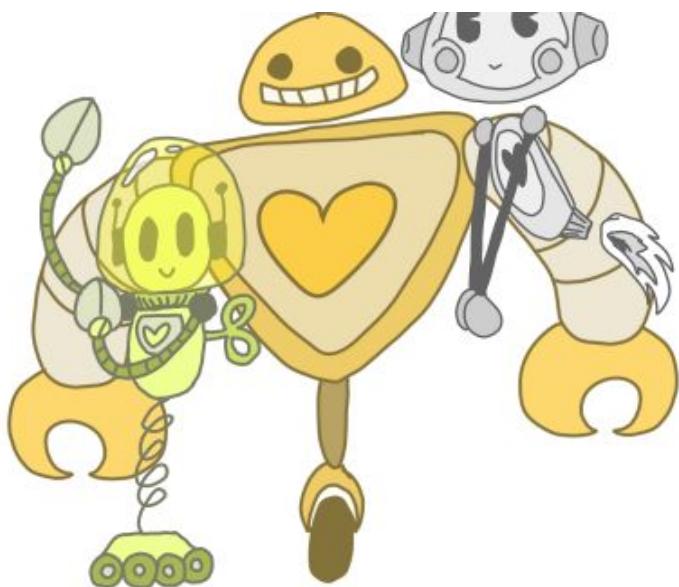
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Health
Bot





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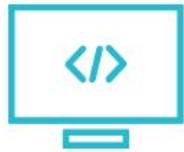
How many HealthBots are there?



How many HealthBots are there?

HealthBot is a Wellness Assistant designed to cater to the user's needs, it also has many models, 23 so far. With that many options the HealthBot Team is sure that you'll find a wonderful match! You can choose just one HealthBot or choose a small team of HealthBots to help cater with different types of needs. One HealthBot can remind you of self care while the other can remind you of time related activities that need to be done. Below is an example of a couple teams of

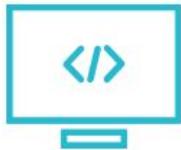
Team	Medication Reminders	Self-Care Reminders	User-Set Reminders	External-Environment Reminders	Timed-Related Reminders
1					
2					



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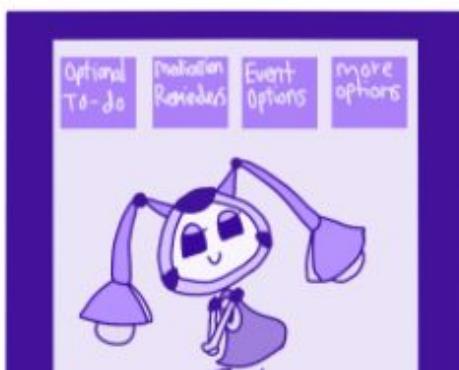
Team	Medication Reminders	Self-Care Reminders	User-Set Reminders	External-Environment Reminders	Timed-Related Reminders
1					
2					
3					





After you complete your quiz

After a quiz is completed it may take some time to properly load all the information needed to accurately





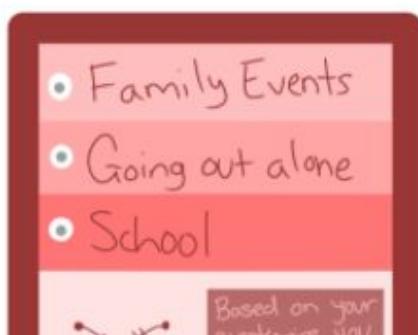
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After a quiz is completed it may take some time to properly load all the information needed to accurately



Opening your app!

When the application is opened up your HealthBot will be waiting to assist you!





After Your questionnaire!

A HealthBot will create a list of the stressors in your life based on your answers.





Logging your start of the day!

As well as you'll be given a list of de-stressors as well! These will be great to have a list to help calm down in moments of panic.



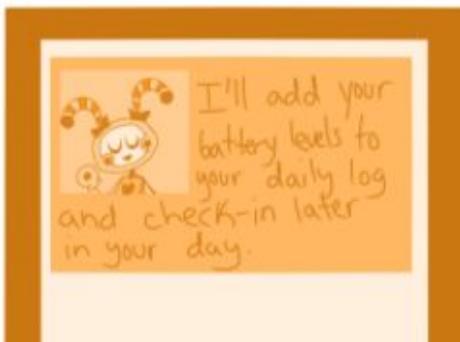


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Starting your day with HealthBot?

To start your day with HealthBot you'll normally awake to an alert like this, this will then be logged within your daily logs.



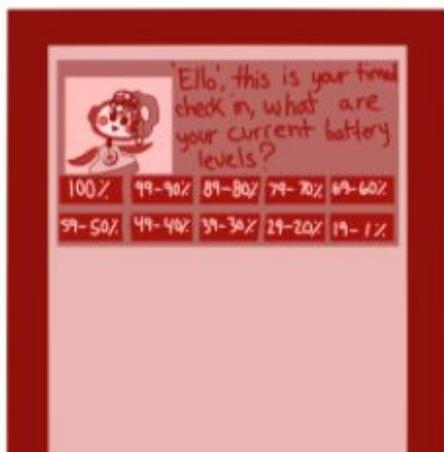


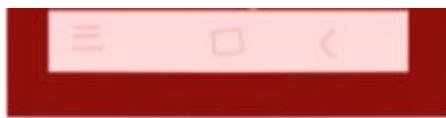
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Logging your start of the day!

After your battery level has been confirmed youll see your HealthBot alert you that it has been logged accordingly.





Scheduling Check ins

Certain times of the day can trigger certain events and those events can drain our battery levels or raise them.



Quick Replies to Log

After your battery level has been confirmed youll see your HealthBot give you quick replies on what changed your battery levels.





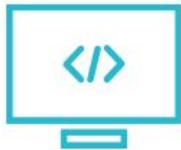
levels.



Further explanation

You'll then be prompted to explain further if you want to record or type out your explanation





How you want to update your Log!

After confirming that you do indeed want to add an explanation to your logs you'll see the options on whether to type your explanation or record a voice clip.





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Your log has been updated

Then your log will be updated accomplishingly





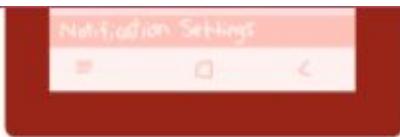
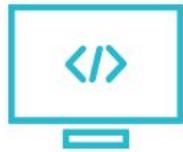
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Medication Reminders

With HealthBot you can also set Medication reminders! You can give the medication names, or what they are for ,can set as many reminders as needed.





Logging Medication

After you have taken your medications you can then if you are ever unsure if you have taken them or not look back on your daily logs!



Breathing Exercise

With HealthBot you can do some breathing exercises breathing in with the light retracting back into the UFO



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Breathing Exercise

Then breathing out with the glow of the UFO!



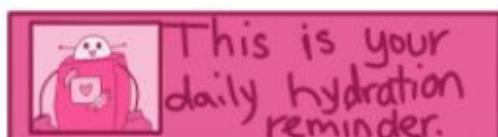


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Rewards!

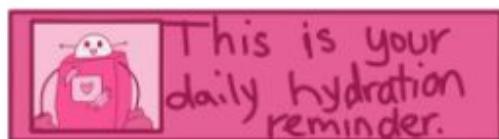
After reaching certain goals you can gain cute rewards to accessorize your HealthBots! These can be taking your meds everyday or brushing your teeth everyday. Whatever goals you have and you follow through with you'll be rewarded with some simple rewards.





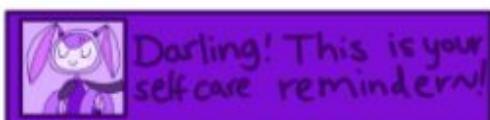
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with some simple rewards.



Reminder Examples

You can have a hydration reminder





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Reminder Example 2

A self care reminder will help you remember when to take a break.

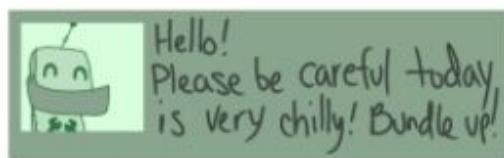


Reminder Example 3



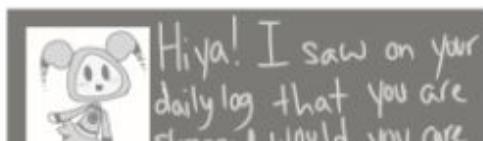
Reminder Example 3

Being reminded that you want to eat healthy is another great reminder.



Reminder Example 4

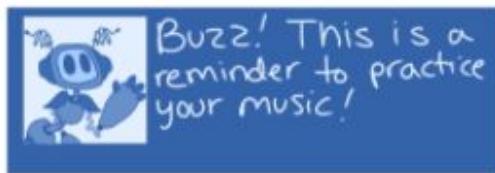
You can have a weather reminder to dress accordingly with the changing seasons





Reminder Example 5

A breathing exercise reminder may be prompted if your stress levels are very high

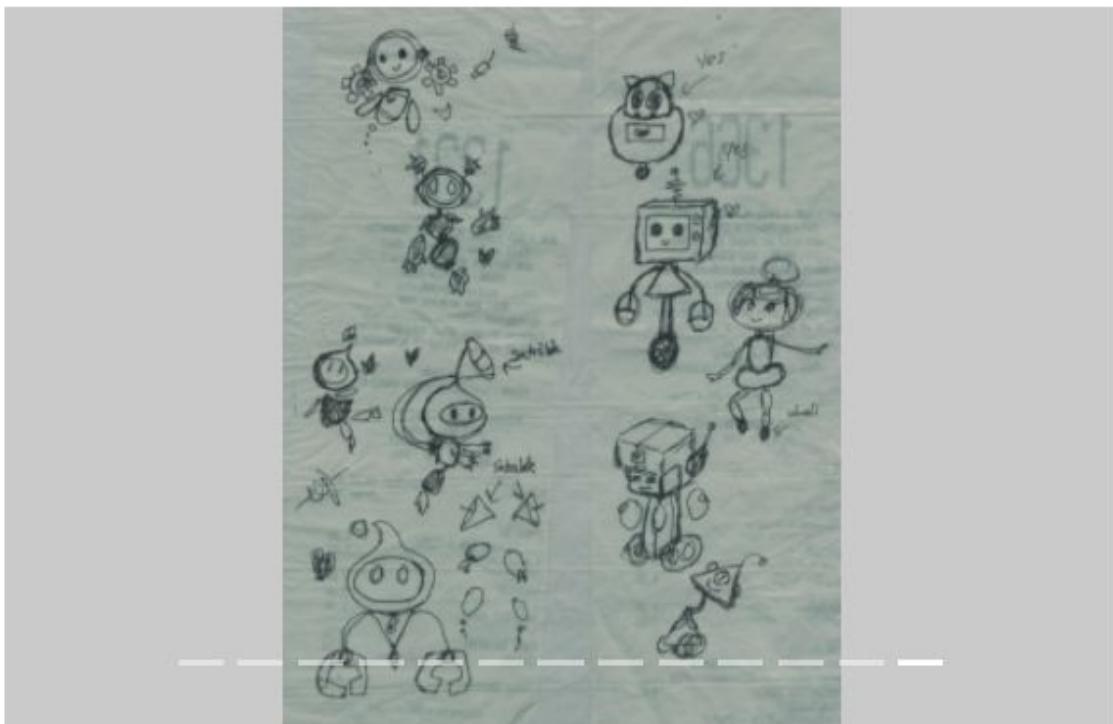




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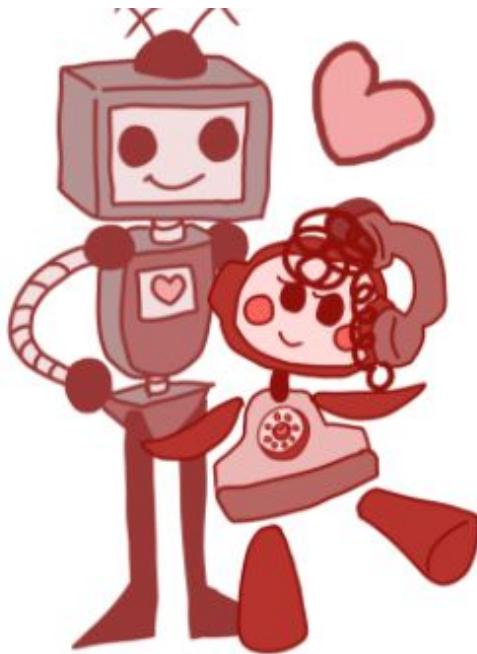
MENTAL EXAMPLES

Being reminded of a hobby you want to do can also be a reminder.





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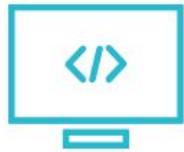
Last Name

Email address

If you want to keep in contact with our updates!

Yes agree to the Terms and Conditions

Submit



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URL to GitHub Repository:

<https://github.com/JoleneMel/Week3FrontEnd>