



BetterSelf

Become a better version of yourself, one day at a time!

Not logged in nav, all redirect
to login page

[Get Motivated](#) | [Start Program](#) | [Login](#)

[Get Motivated](#) | [Start Program](#) | [My Account](#) | [Logout](#)

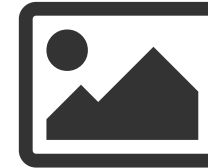
Logged in nav

Say hello to your better self.

Blurb about behavior change program

Start Program

Button redirects to login /
registration if not logged in



Blurb about behavior change program

Get Motivated

Button redirects to login /
registration if not logged in



Register or login to begin your journey.

Register

First Name:

Last Name:

Display Name:

Email:

Password:

Confirm password:

Validations on register
and login.

Logging in goes back
to Homepage with
logged-in nav

Login

Email:

Password:



Motivational Quotes

They're very motivational.

"Quote yada yada"
- Author

Added by: {{display name}} Like # of likes

"Quote yada yada"
- Author

Added by: {{display name}} Unlike # of likes

"Quote yada yada"
- Author

Added by: {{display name}} Unlike # of likes

"Quote yada yada"
- Author

Added by: {{display name}} Like # of likes

"Quote yada yada"
- Author

Added by: {{display name}} Like # of likes

"Quote yada yada"
- Author

Added by: {{display name}} Like # of likes

Add a Quote

Quote

Author

Add Quote



Start Your BetterSelf Program

Steps

1. Decide on the behavior that you want to increase or decrease
For example, "Walk longer distances" or "Decrease cigarette smoking"
2. Decide on the units to measure your behavior
For example, "steps," "cigarettes," "minutes," or "oz"
3. Note whether you want the behavior to increase or decrease
3. Write a strong reason for why you want to better this behavior
This will stay posted at the top of the page to remind you if things get tough
4. Begin tracking your behavior at baseline
(don't make any changes)
5. Go to the program on your account page and submit an entry for your daily baseline total.
(Try to track your baseline for at least 3 days straight to get an accurate average)
5. Your first intervention goal will be automatically generated based on your baseline average
(After you've met your goal, click "new goal" to challenge yourself even further!)
6. When you're ready, start tracking your behavior during intervention
(Try your hardest to meet your goal every day, and use the motivational tools for inspiration!)
7. Track your progress on your account page and enjoy being your better self!

Start a New Program

Behavior:	<input type="text" value="E.g., Decrease Cigarette Smoking"/>
Unit of measurement	<input type="text" value="E.g., steps, cigarettes, oz"/>
Increase or decrease behavior?	<div><input type="button" value="Increase"/> <input type="button" value="Decrease"/></div>
Reason for wanting to change:	<input type="text"/>
<input type="button" value="Add Program"/>	



My Programs

[Drinking More Water](#)[Walking More](#)[Quitting Smoking](#)

Change Password

Password: Confirm password:

Change Display Name

New Name:

My Quotes

"Quote yada yada"
- Author

"Quote yada yada"
- Author

"Quote yada yada"
- Author

Liked Quotes

"Quote yada yada"
- Author

"Quote yada yada"
- Author

"Quote yada yada"
- Author



{{Behavior Label}}

My Reason

Reason for wanting to improve this behavior.
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod temp

Baseline Entry

Date:

Day Total

Notes:

Add Entry

Program Progress

Phase	Date	{{Steps}}	Change from Baseline Avg	Goal met	Edit	Delete
Baseline	2/5/21	1000	-	-	<edit>	<delete>
Baseline	2/5/21	1000	-	-	<edit>	<delete>
Baseline	2/5/21	1000	-	-	<edit>	<delete>
Intervention	2/8/21	2000	+1000	YES	<edit>	<delete>
Intervention	2/9/21	1000	0	NO	<edit>	<delete>
Intervention	2/8/21	2000	+1000	YES	<edit>	<delete>
Intervention	2/9/21	1000	0	NO	<edit>	<delete>
Intervention	2/8/21	2000	+1000	YES	<edit>	<delete>
Intervention	2/9/21	1000	0	NO	<edit>	<delete>
Intervention	2/8/21	2000	+1000	YES	<edit>	<delete>
Intervention	2/9/21	1000	0	NO	<edit>	<delete>

Current Goal

1200 {[steps]}

Generate New Goal

Intervention Entry

Date:

Day Total

Notes:

Add Entry

Baseline Average

1000 {[steps]}