

Journal / collection: any distribution beyond activity convention? "tools" is catch all phrase.

4

🏠	📅	M
Date (Day)		
😊	mood title	(time)
	community	
😐	mood title	time
	community	
Date (Day)		
🌞	Bal dry (night)	
	---	
🌙	Bal sleep (morning)	
	---	

need input on goal? mood? need input on goal?

need input on goal? mood? need input on goal?

5

📌	Blank for decision making / consensus.
Resources	
Clinic Details.	
Hours	<div> <div>Campus</div> <div>Map</div> </div>
Services	<div> <div>A service</div> <div>B service</div> <div>C service</div> </div>

Biggest variety between potential clients. is the 'boutique' / bespoke' / niche market. All from applic. available tools possibly not

6

🏠	What to eat here?
Resources & tools	<div> <div>Canvas</div> <div>Toolkit</div> <div>Talk-n-now</div> </div>
self-diagnose questionnaire	<div> <div>My anxiety triggers list</div> <div>Activity checklist</div> </div>

Handling Page? - Reminders & scheduling - word clouds / trending - feedback loops

Notes: Mood tracker (link to graph?)

- Log of checking inputs.
- Chronologically ordered
- Can be tied to the bar graph to see day/week/month/year changes.
- Calendar tracks needs too.
- tool pairing w/ solutions offered is based on feedback?

Local Resources

Notes:

- Link to available resource
- feel the need to include details & map locations based on experience somebody have w/ not knowing about service locations
- Descriptions of services to help streamline client needs and to know what to ask for.
- Can be expanded & laterally applied to non-health center services. (SSC & others)

Notes: Resource List

- Links to available tools
- Used feedback for fully functional tool set, preferably related to CBT & something deliverable over mobile that aligns w/ the e-health model

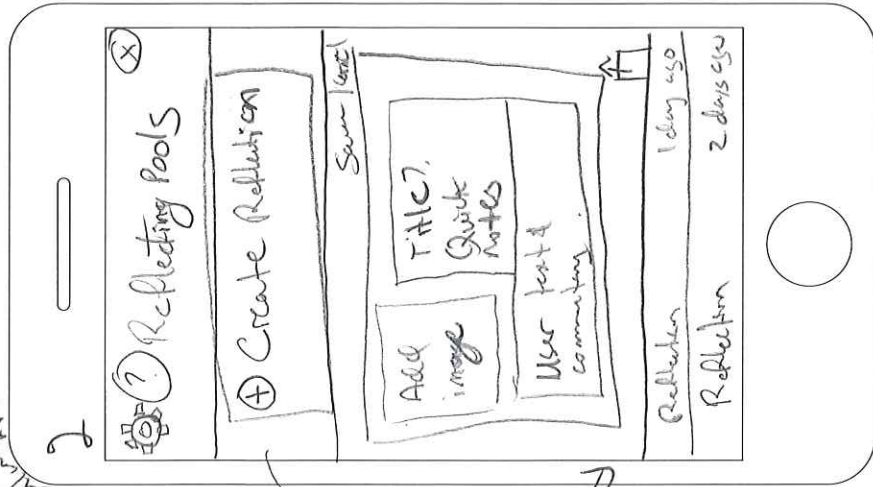
Takes user to daily mood tracker



**Notes:** Reminders

- Periodic/customizable check-ins
- Tie in to the notification concept.
- Should balance between intrusive/helpful & providing a value add.
- News at night.

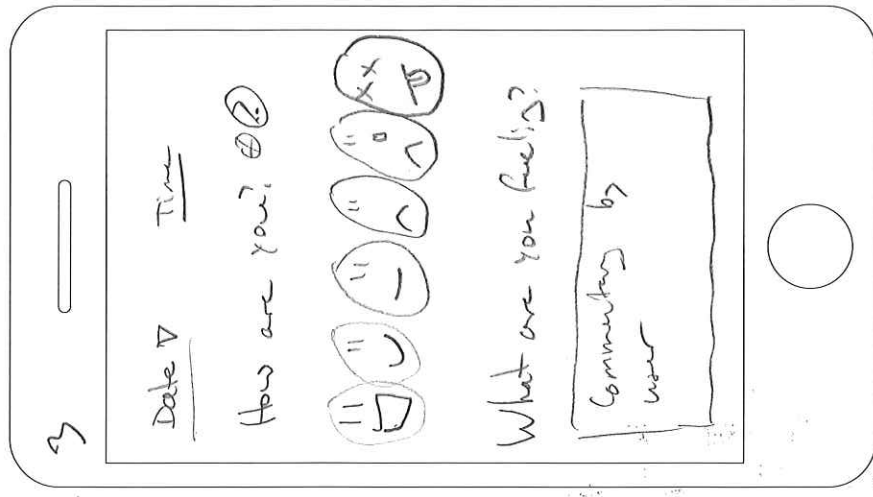
Link reflections to calendar? Like calendar app



**Notes:** Reflection notes.

- Allows user to make journal style entries. Our limit?
- Image adding to keep track of self-image? (needs source)
- Can scroll down to see previous reflections.
- Organized by date/chron.

Swap emojis? w/ color coding text?



**Notes:** Check-in functionality

- Has a simple graphic-based input for users to chart their moods & input their emotional state in text
- Needs feedback for granularity of some standardization.

How much data can we collect? Legal/ethical issues.