



LOGO

Calendar

Session Log

Mood Tracker

Calendar

LOGO

| calendar |

When is my next session?

Embedded calendar
with ability to select
date and time.

Schedule and Set Notifications

LOGO

| notifications |

- ☐ 1 week before session
- ☐ 1 day before session
- ☐ 1 hour before session

Can choose one
or all

Set Notifications

Go to Session Log



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Before Session

During Session

After Session

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[populate session date/time]

Before Session

How am I feeling before therapy?

Text box...entry by typing or
speech-to-text.

Go to Mood Tracker

What do I want to talk about in session?

Text box...entry by typing or
speech-to-text.

Go to During Session Log

Pulls from calendar
setting. Info in these
text boxes needs to
link to session date.

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Before Session

During Session

After Session



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[populate session date/time]

During Session

What did my therapist say?

Text box...entry by typing or
speech-to-text.

What shall I work on for next time?

Text box...entry by typing or
speech-to-text.

Go to After Session Log

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| Session Log |

Before Session

During Session

After Session



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[populate session date/time]

After Session

What were today's biggest takeaways?

Text box...entry by typing or
speech-to-text.

How am I feeling after therapy?

Text box...entry by typing or
speech-to-text.

Go to Calendar to Schedule Next Session

Home



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Today's Date






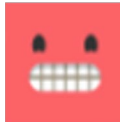



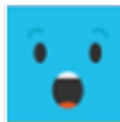





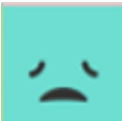
Go to Mood List



LOGO

| mood tracker |

[populate date]

 happy	 goofy	 meh	 frustrated
 sad	 scared	 sleepy	 sick
 tense	 surprised	 embarrassed	 angry
 loved	 anxious	 devastated	 depressed

Record Mood and
Return to Home Page