

Designing a Personal Wellness App

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Problem

- **Burnout is a common problem in a variety of jobs.**
- **Individuals need a tool to help them identify and highlight positive moments in their lives, as well as learn to value the benefits of dedicating time for reflection.**





Proposed Solution

- Develop a personal app that allows the user to track their sense of energy and provides users with wellness tips as well as prompts to trigger reflection.
- Additionally, provide the means to track energy over time, in an effort to help the user understand patterns, and to seek help when needed.

2 approaches

- 1. Actions that lead to positive developments**
- 2. Refocusing after reflecting**

Components

SharePoint
Lists

Power
Apps

Power
Automate

#BetterTogether

Good evening, Carlos! Today is 2/12/2023

'All people smile in the same language.'

1/31/2023 4
Action taken 2



1/31/2023 1
Action to Take 3



1/31/2023 3
Action to Take 1



1/31/2023 1
Action to Take 2



1/31/2023 5
Action taken 3



2/6/2023 2
Action to Take 2



2/6/2023 4
Action taken 1



2/6/2023 2
Action to Take 1

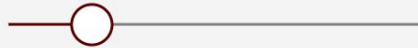


Exploring my Wellbeing



Good evening, Carlos! Today is 2/12/2023

Energy or Feelings



What action will you take?

Action to Take 1



Action to Take 1

Action to Take 2

Action to Take 3



Reflection Entry



Good evening, Carlos! Today is 2/12/2023

Energy or Feelings



What action did you take?

Action taken 1



Action taken 1

Action taken 2

Action taken 3

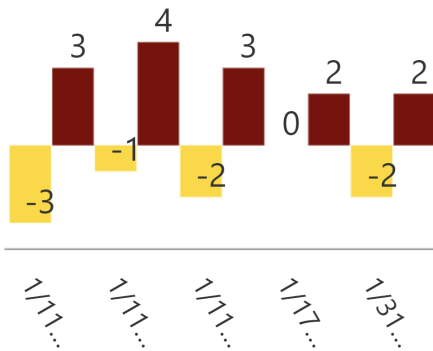


Reflection Entry



'All people smile in the same language.'

1/31/2023 (-2) → (2)	1/17/2023 (0) → (2)
1/11/2023 (-2) → (3)	1/11/2023 (-1) → (4)
1/11/2023 (-3) → (3)	



● Mood ● MoodAfter

Carlos' Reflections



Carlos' Reflections



This is a great daily habit. Keep it up!

* Energy



* Daily Prompt

What did you take for granted today?

* Reflection

71/248

Zombie ipsum reversus ab viral inferno, nam rick grimes malum cerebro.



Today's Reflection



Today's Reflection

This is a great daily habit. Keep it up!

* Energy



* Daily Prompt

What did you take for granted today?

* Reflection

179/248

Zombie ipsum reversus ab viral inferno, nam rick grimes malum cerebro. De carne lumbering animata corpora quaeritis. Summus brains sit, morbo vel maleficia? De apocalypse gorgor

Energy After



Today's Reflection



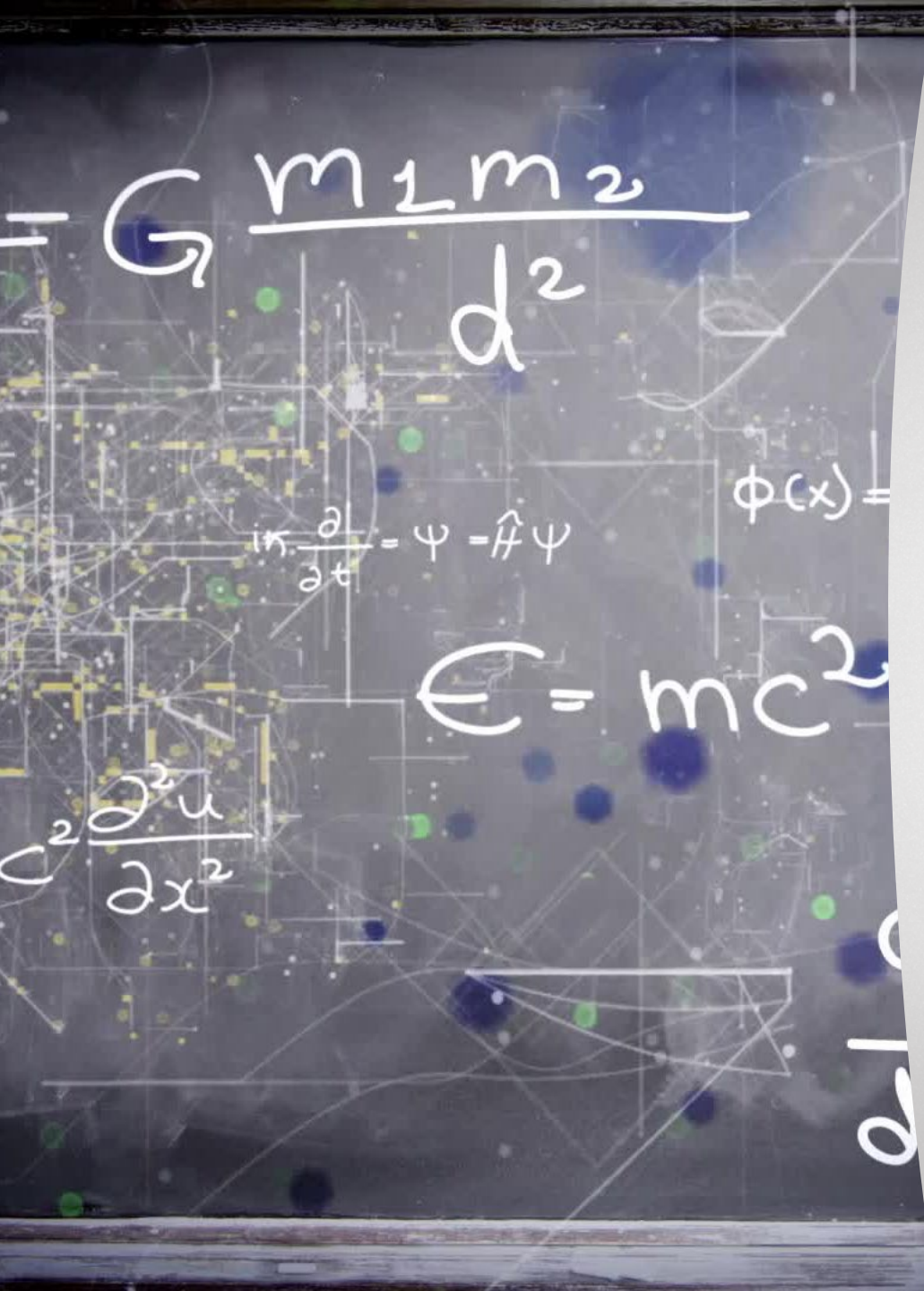
Today's Reflection





SharePoint Lists

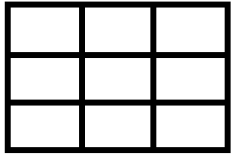
- Wellness Tips [Title] [Read Only]
Derived from current wellness sources
- Reflection Prompt [Title] [Read Only]
Derived from TXST Researcher input
- Personal Reflection [Read / Write]
Varies by project, **but the Image read right update made a world of difference! KUDOS**



Functions and properties in the mix

- Visible= var_TextIsVisible, false
- Len(
- First(
- Shuffle(
- If(
- Items(
- OnChange(

Wellness List



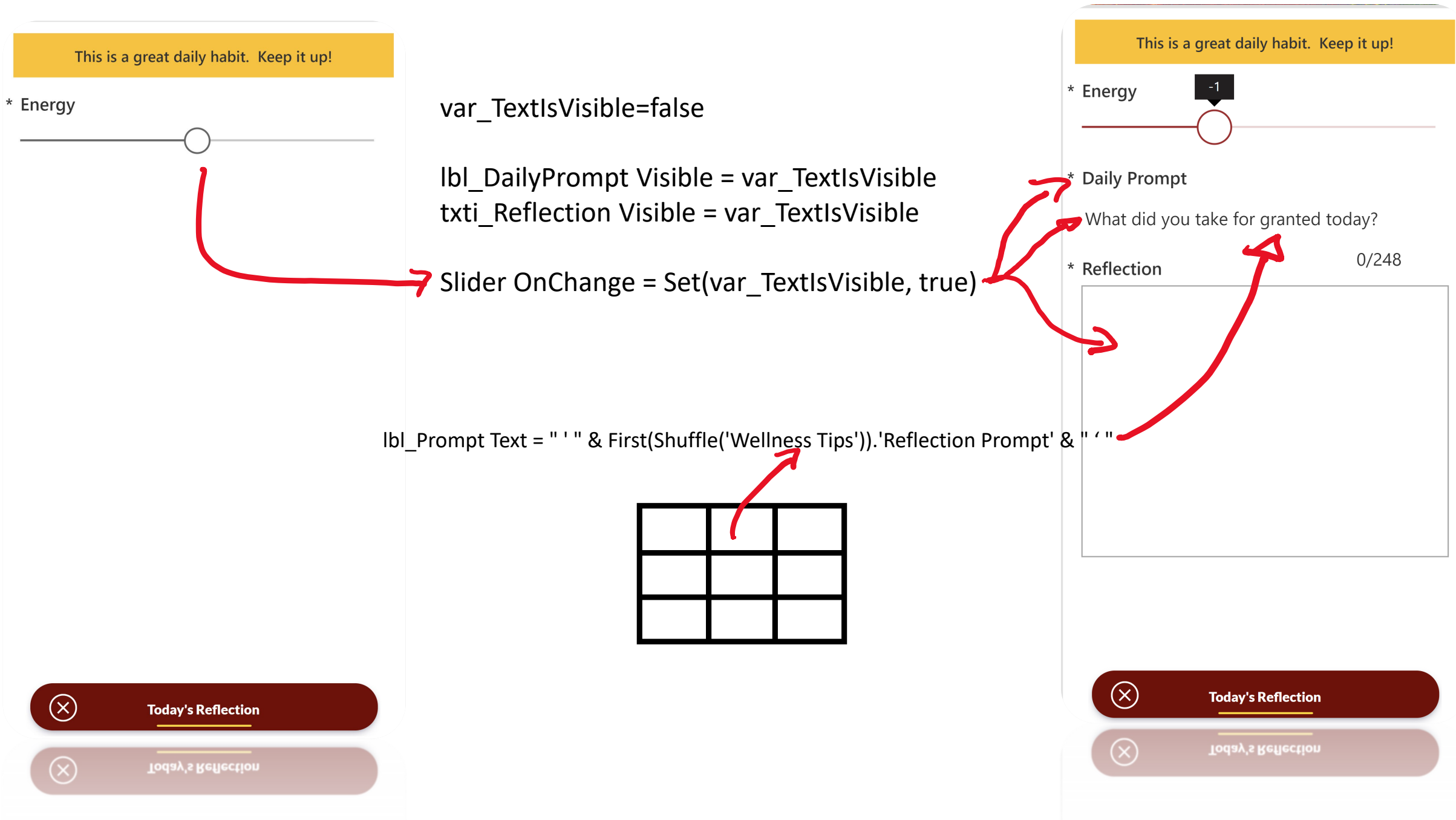
`lbl_tip Text = " ' " & First(Shuffle('Wellness Tips')).'Reflection Tips' & " ' "`

Good evening, Carlos! Today is 2/12/2023

'All people smile in the same language.'

1/31/2023 4 Action taken 2	1/31/2023 1 Action to Take 3
1/31/2023 3 Action to Take 1	1/31/2023 1 Action to Take 2
1/31/2023 5 Action taken 3	2/6/2023 2 Action to Take 2
2/6/2023 4 Action taken 1	2/6/2023 2 Action to Take 1

Exploring my Wellbeing



This is a great daily habit. Keep it up!

* Energy

-1

* Daily Prompt

What did you take for granted today?

* Reflection0/248

×

Today's Reflection

×

Today's Reflection

Slider_After Visible =
If(Len(txti_Reflection.Text)<124,false,true)

icn_Submit Visible =
If(Len(txti_Reflection.Text)<124,false,true)

This is a great daily habit. Keep it up!

* Energy

* Daily Prompt

What did you take for granted today?

* Reflection179/248

Zombie ipsum reversus ab viral inferno, nam rick grimes malum cerebro. De carne lumbering animata corpora quaeritis. Summus brains sit, morbo vel maleficia? De apocalypse gorgor

Energy After

×

Today's Reflection

×

Today's Reflection

lbl_Action Text=

If(sld_Energy.Value<4,"What action will you take?",
"What action did you take?")

dd_Actions Items =

If(sld_Energy.Value<4,ActionToTake,'Actions Taken')

Good evening, Carlos! Today is 2/12/2023

Energy or Feelings

What action will you take?

Action to Take 1

Action to Take 1

Action to Take 2

Action to Take 3

Reflection Entry

Good evening, Carlos! Today is 2/12/2023

Energy or Feelings

What action did you take?

Action taken 1

Action taken 1

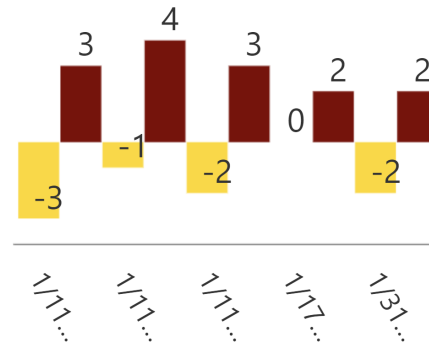
Action taken 2

Action taken 3

Reflection Entry

'All people smile in the same language.'

1/31/2023 (-2) → (2)	1/17/2023 (0) → (2)
1/11/2023 (-2) → (3)	1/11/2023 (-1) → (4)
1/11/2023 (-3) → (3)	

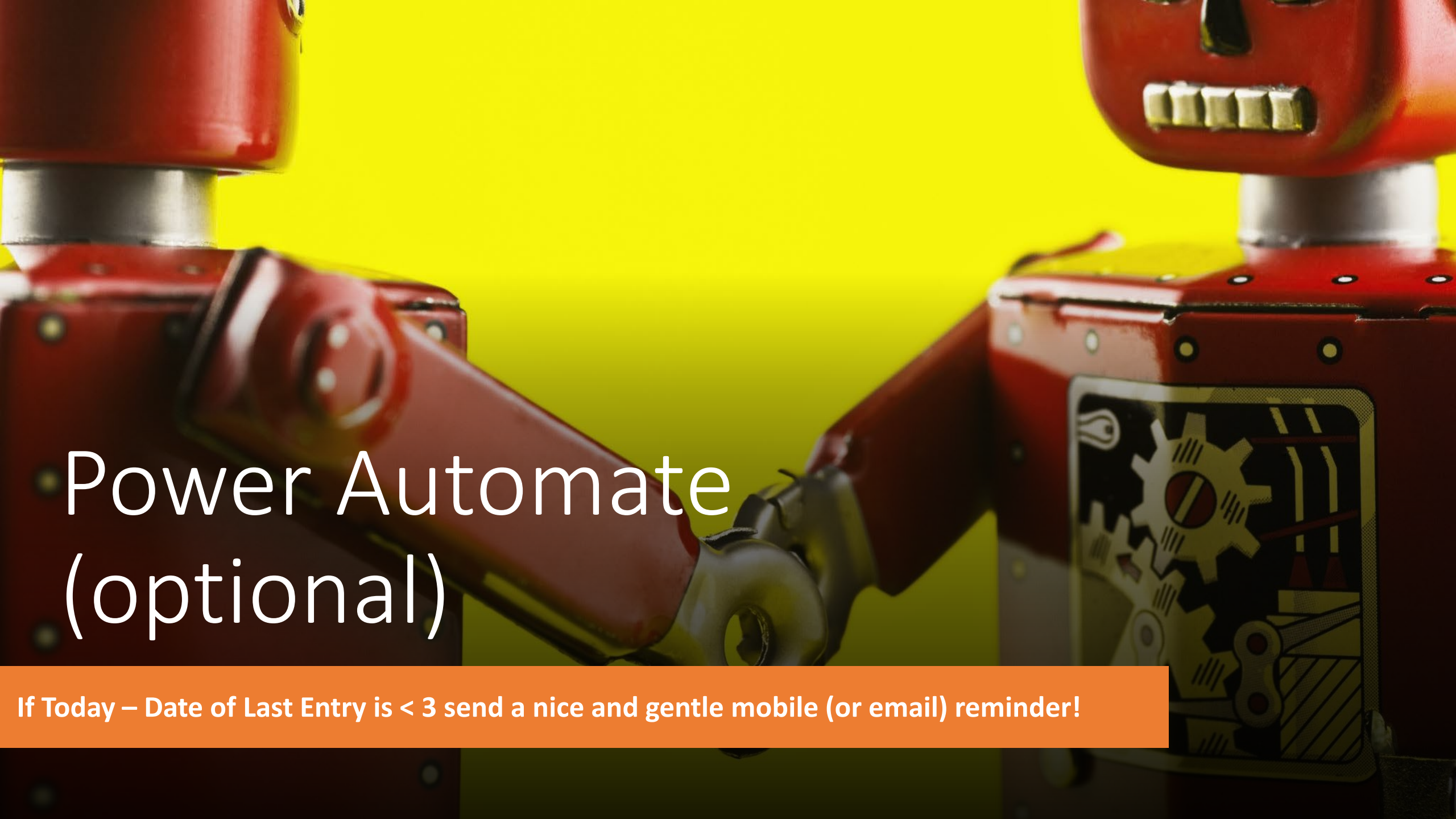


● Mood ● MoodAfter

Carlos' Reflections



Chart
Component



Power Automate (optional)


If Today – Date of Last Entry is < 3 send a nice and gentle mobile (or email) reminder!

Let's Talk



 @CarlosBKSolis1



 /in/carlos-solis/

