0. On a scale of i	1 (Hate) to 5	2	3	4	5	N/A Have never
Journaling	П	П	П	П	П	
Breathwork	П	П	ū	n	n	П
Meditation						
Creative Art						
Mindfulness						
Guided Imagery						
Exercise						
Yoga						
Tai Chi						
Qi Gong						
Dance						
Music						
Social Support						
CBT						

Question - Would users have an option to add the activities that they perform apart from the ones mentioned in this list during the register? (We see that once the practice calendar is generated, there is a way to add self-care activities)

Recommendation

- Option to make users add their self-care activities during registration so that we can collect personal preference information of scale and this information can be gathered as a free-text. Once users' information is accumulated enough, we could analyze this text data to add and keep updating new personalized activities based on users' preference.

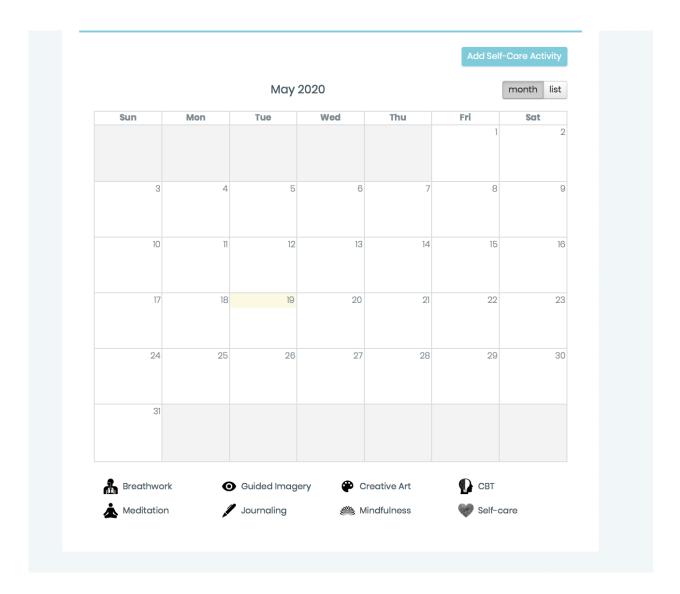
11. How long have you be	en using the techniques	from the previous questi	on for stress reduction?			
I haven't used any of these techniques before	Less than one month	One - three months	Four - six months			
Seven - twelve months	More than twelve months					
			PREV NEXT			
12. How often do you use	the techniques from the	previous question for st	ress reduction?			
O Every day	A few times a week	Once a week	A few times a month			
Once a month	Less than once a month	Never				
			PREV NEXT			

These questions are general to all the activities, but when we tried to think from the user's perspective, we came to think of the activities to be independent and a user would have performed a particular activity in a timeline that is independent from another activity. Would it make more sense to add these questions as additional columns in the previous question so that each activity has its own answer.

Our understanding is that by doing this, the recommendation algorithm can include more precise information for each activity separately by including the features like 'duration' and 'frequency'.

13. On average, how	often each week do you wan	t to use Neolth?	
Two days	Three days	O Four days	Five days
			PREV NEXT
Neolth such as 'Every Question - Our unders use the application 3 t	=	so on. n is that if a user cho practice calendar is g	oses 3 days, they prefer to enerated with tasks spaced
14. What is your mai	in goal for using the Neolth p	platform?	
I want to reduce my stress	I want support with a mental health condition	I want support with a chronic health condi	
			PREV NEXT

Our understanding from a users' perspective is that there is a possibility for a user to use the application for more than one reason. Would it make more sense to convert the radio buttons as multi-select drop down or check boxes?



After completing the form, the practice calendar was empty.

Question - Is there a way to go back to the form and check if something went wrong while filling in the information?

Also, Katherine mentioned that there is a way to move an activity from one date to another (in case the user is not able to complete that activity on that day). We tried to move the activity around in the calendar, but failed. Is there any other way to move them?