



Today is:

Hours slept:

Panic attacks rating for today

3



Occurences for today

2

-

+

Select Reminder Time

Continue

You are tracking:

Panic Attacks

You will be reminded at:

No

Yes

Select a behavior to track

Aggression

Anxiety

Mood

Panic Attacks

Temper Tantrums

Email

Doctor’s Email

Patient’s Name

Make Email

More

Reset

Select Reminder

Scatter

Select reminder time

WARNING:
This will delete all of your data.
Do not proceed unless
instructed by a doctor.

Reset

Data for

Primary Data

2



Secondary Data

6



Hours Slept

7

-

+