

## Overview

My application will be a behavior tracker for Autistic adults. There are many apps for children on the Autistic spectrum and I feel the adults have lacking resources to help them. The behaviors that will be tracked are: sensory stimulation, calming/stimming preferences, and ways to assist when the person is nearing a potential meltdown or sensory overload.

## Features

1. Selectable list of situations and stimuli that are upsetting or cause negative feelings. There will also be a place to add what other things the person may have. The list can all be grouped into places where they happen
2. Selectable list of calming or stimming options for the person. There will also be suggestions for other ways to calm and soothe the person.
3. A tracker and diary of the moods that are felt throughout the day. A place to put things that were tried and if they worked or not

## Technologies

- Python or Java
- MySQL
- A program to turn it into an Android or iPhone app

## What I Will Have to Learn

I will have to learn how to link multiple databases to work together for the user preferences. Since the app will be used on mobile devices, I will have to learn how to make apps for iOS and Android devices.