

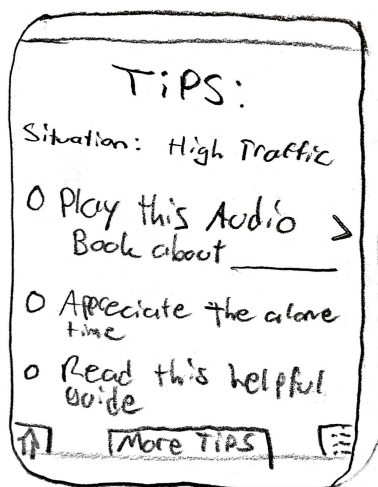
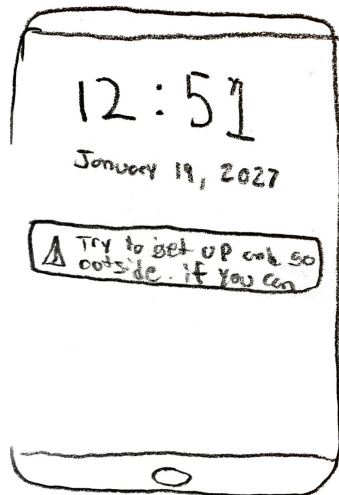
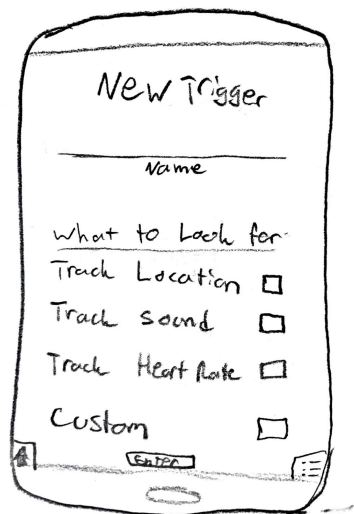
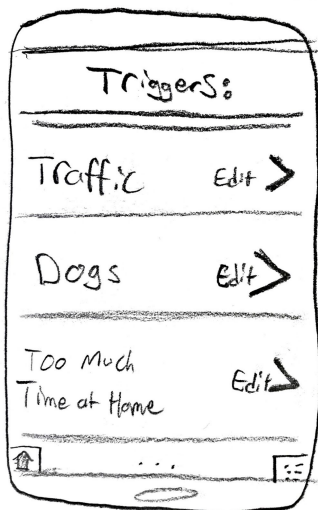
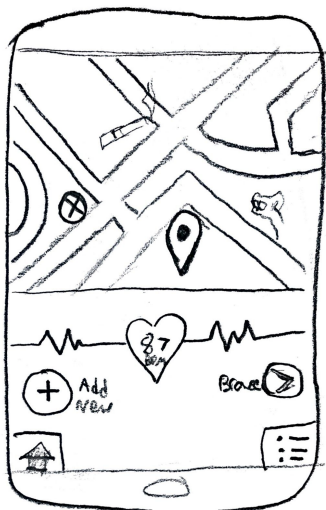
# Step 1: Plan out your design

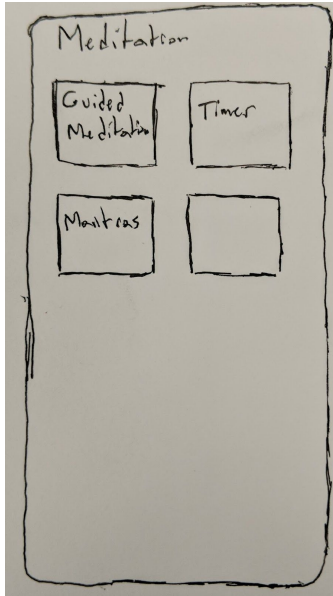
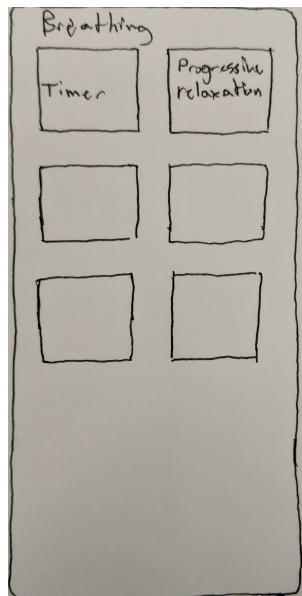
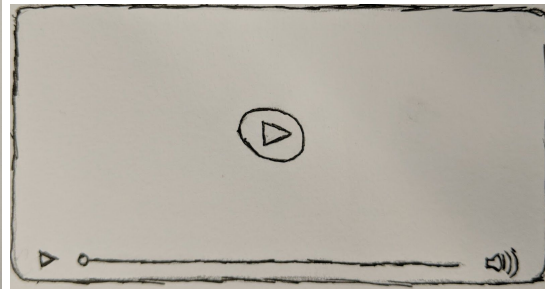
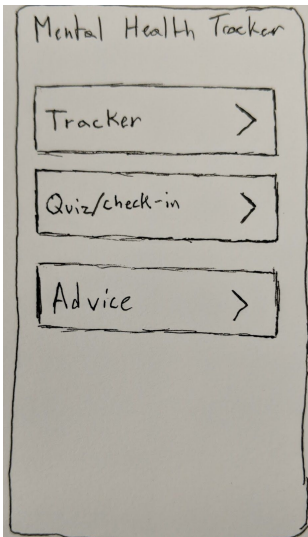
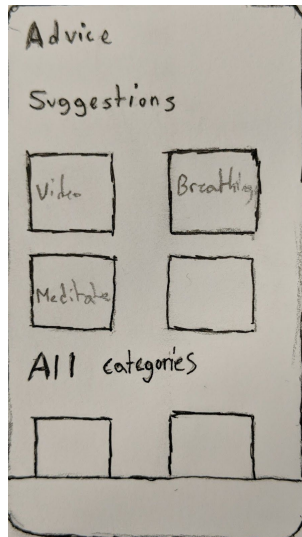
## Critical Areas

- Tracker - tracks your environment and alerts the user when they might be vulnerable to something that could trigger anxiety.
- Mood input - the user will answer daily questions about their general mood and activities in order to keep track of patterns of behavior.
- Informational Section - A place where users can get information to help them when they have a panic attack or are feeling down, and can provide useful tips and tricks that can help them manage their mental health.

## Tasks

- Interacting with the tracker when it finds something that might make you triggered
  - Tracks location, heart rate, and tracks when users input certain triggers
- Interacting with the calendar portion of the tracker in order
  - Looking at patterns of behavior over time
- Interacting with the mood checker
  - Answering questions about how you are feeling, what you are doing and eating
- Interacting with the info section
  - Searching for a video, watching a video or reading a technique that was suggested to you by the app





Tell us about you  
How do you feel today

1 2 3 4 5 6 7

bad good

How is your appetite

1 2 3 4 5 6 7

why are you feeling that way?

Type your answer here...

lately, have you been feeling that life is more/less joyful?

☐ more ☐ less

have you been feeling stress and anxiety lately

☐ yes ☐ no

When you be with friends, do you feel like you wanna leave or feeling distracted

☐ yes ☐ no

according to your answers, here's some tips to help you go through it