Process

1. What do you want guidance with? Choose as many as you like.

Mood, stress and anxiety

Sleep and recovery

Daily routines, chores and time management

Getting things done and concentration

Physical activity and exercise

Social life and relationships

Personal economy

1. You chose 1 and 2:

What is the most pressing issue right now?

1. Issue specific questionnaire: With answers to this questionnaire we can provide you better guidance. Would you like to take it now or later? Taking the questionnaire is recommended.
   1. Questionnaire includes issue specific questions and relevant questions which overlap with other issues.
2. Answers are analyzed and presented to user.
3. Educational information on issue is given and suggestions are presented.
4. User can accept or decline suggestions
5. Accepted suggestions are presented on calendar.