



STATUS
ON SCREEN

DATE: / /

PAGE NO.:

Sign Up

All 2 login

Sign In

Email

Password

Forgot Password

Login

Don't have an account
Sign Up

=>

Email

Password

Confirm Password

Sign Up

=>

Activities

Sleep

Exercise

Water

Step Count

Activities

Logout

Sleep

Exercise

Water

Step Count

Sleep =>

a

Time

Set alarm

Start

Sleep Statistics

=>

Stop

Sleep Stats

↓

Custom time < 6hr

Text

You are under sleeping

When > 8hrs

Text

You are over sleeping

b

Daily Weekly Monthly

Went to bed

Wake up

Sleep quality

Sleep Statistics

Exercise =>

Timer

Analysis

=>

Timer

Start

=>

0:00

Stop

=>

Analysis

Time spent

Daily Weekly Monthly

Time spent

Teacher's Signature



(a)

Remainder
for day hour

DATE: / /

PAGE NO.:

Water

Home History

Drink Target
3200 ml

Start the day
Drink 200ml of water



Home History

Remainder for day hour

OFF

Done

End of the day

(When 'OFF' is pressed
that time is not
recorded)

(b)

Home History

Weekly avg x ml/day

Monthly avg y ml/day



when "End of the day" is clicked

Home History

Daily progress

progress bar

(when progress is
< 40%)

Text:
You are not
drinking
sufficient
water.

(a)

Report

(b)

(c)

Step
Count

steps

100

Report



Total steps
x
Feb 1

Day Week Month

Total steps
y
Feb 1 - Feb 7

Day Week Month

Total steps
a
Feb

Day Week Month