patient	/patient login	/home screen	/confirm login with server	/tasks	/questionaires: D-cope,MOS-ss, PANAS,PSS	/excercise progress	/diet analysis	/image capture	/food analysis	/home excercise	/audio	/lessons	/video	/server database

patient enters login

log in page contacts server

sends information to database server

"()"

patient access daily task page

tasks leads to daily questionaire

questionaire answers are stored on database

back to home screen

server provides this information

patient accesses excercise progress information

patient accesses diet analysis page

image capture page

image is sent to server for storage

back to diet analysis page

patient accesses food analysis page

back to home screen

food information is sent to database

patient accesses home excercise entry page

home excercise info is sent to server

back to homepage

patient accesses audio lessons

length of time listend to is sent to server

back to home page

patient accesses video lessons

length of time read is sent to server

back to home page

patient acceses text lessons

time watched is sent to server

back to homepage

any of the tasks from the home page can be accesses in any order