



Persona-3

- **Name:** CHARLES
- **AGE:** 30 YEARS
- **GENDER:** FEMALE
- CHARLES is a 30-year-old professional who manages a demanding job schedule as well as a personal life. Charles, who is concerned about maintaining a healthy lifestyle, conducts self-assessments on a regular basis to evaluate several areas of well-being, including physical and mental health.
- Charles checks into the self-assessment site after a long workweek. Any active checkboxes are highlighted by the Boolean check system, suggesting specific areas that may require attention. If an active checkbox is found, a pop-up notification appears with a brief summary and recommendations for further steps. Charles likes the quick response, which allows for timely responses to health-related concerns.