

ES96 Rest Calculator Survey

We are part of an engineering design class (ES96), designing solutions for CAMHS. Here we have created a rest calculator that calculates the amount of mental down-time you should take on a daily basis given your schedule. Please complete the survey below to help us during the student-testing phase of the project.

* Required

1. What class year are you? *

Mark only one oval.

- ☐ 2022
- ☐ 2023
- ☐ 2024
- ☐ 2025
- ☐ 2026

2. On a daily basis, how much time do you take as a mental break from school work? *

This is a purposeful mental break from studying, not including meals or exercise, etc. Please specify hours or mins.

3. Please navigate to this website and follow the instructions to calculate your rest time. Include your calculated rest time below (in minutes). *

<https://crimsonrest.herokuapp.com/>

4. I believe my mental health is in balance... *

Mark only one oval.

Never (at no time)

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

All of the time

This content is neither created nor endorsed by Google.

Google Forms