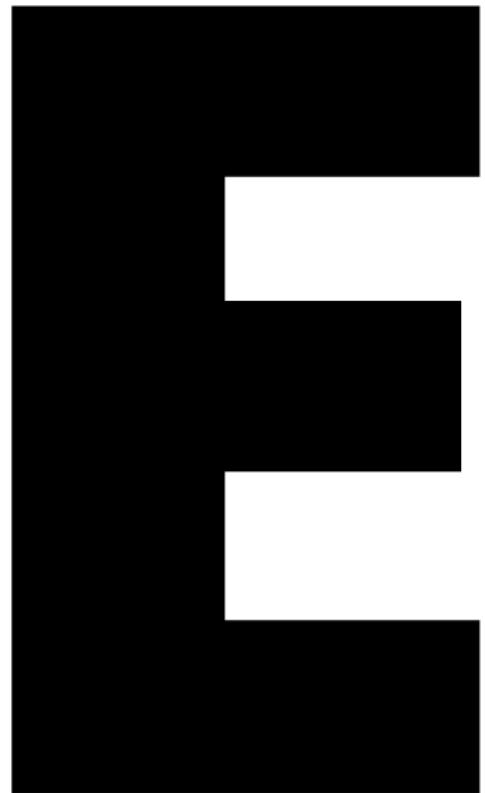


"ME"



TRACKING
MEASURING
RECORDING
QUANTIFYING
OBSERVING
MONITORING
INFORMING



MoodTracker

Tip



t2mood tracker

Touch anywhere to continue

Getting involved in your community and spending time with others can help you feel less alone and allows you to give back to your community.

Show tips at startup? **ON**

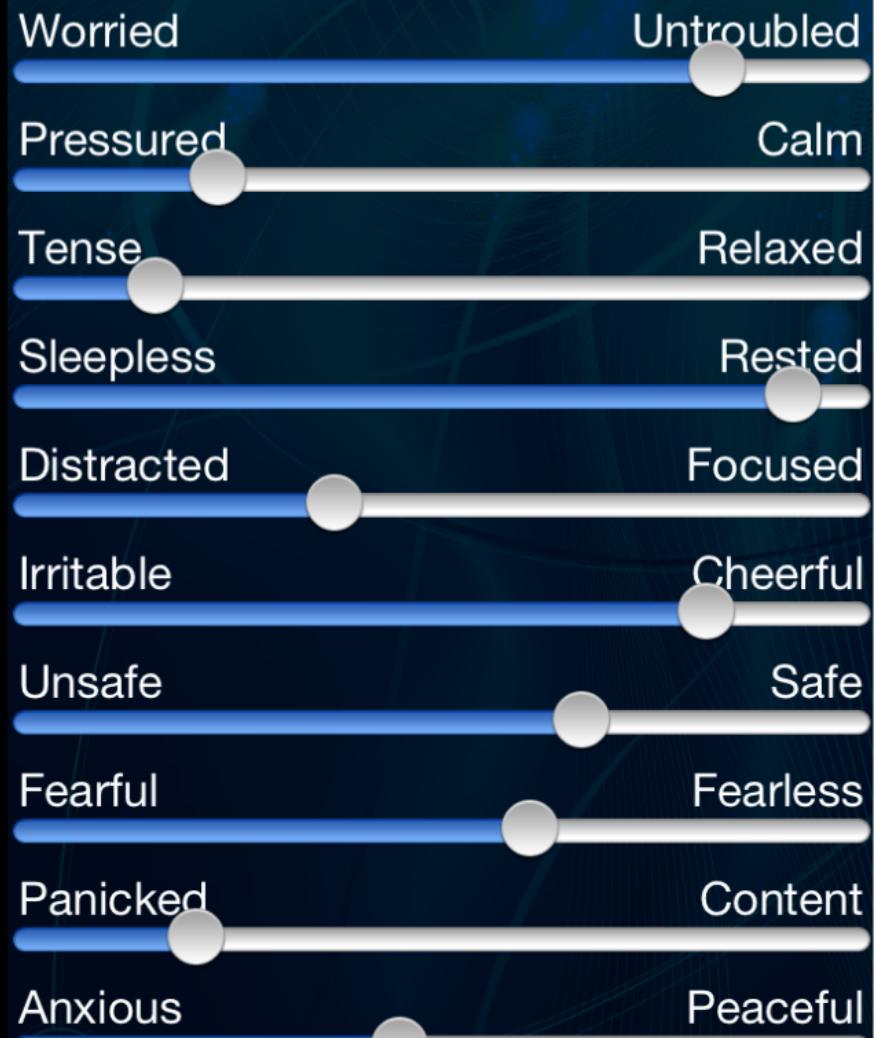


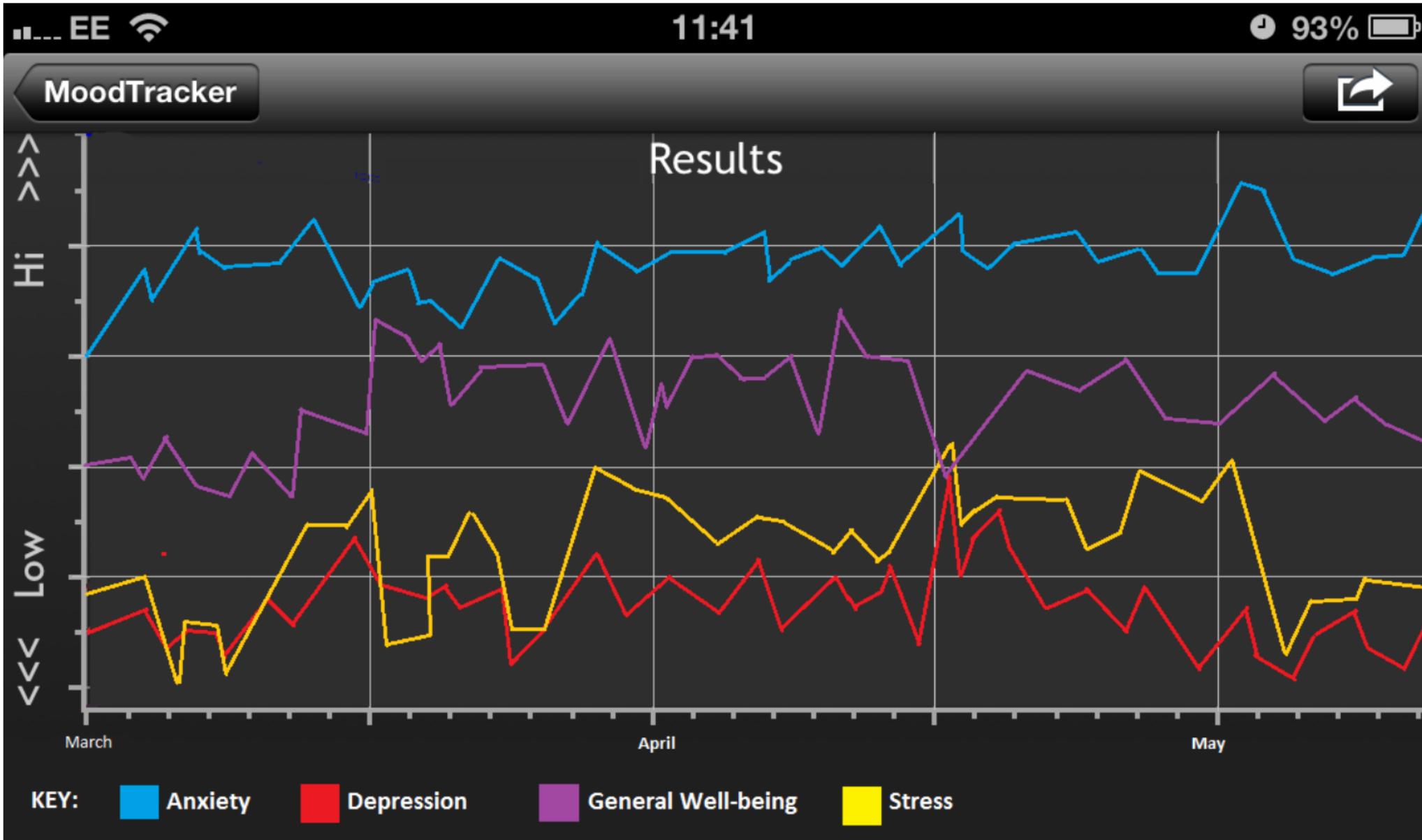
NATIONAL CENTER FOR
TELEHEALTH & TECHNOLOGY

MoodTracker

Anxiety

Save

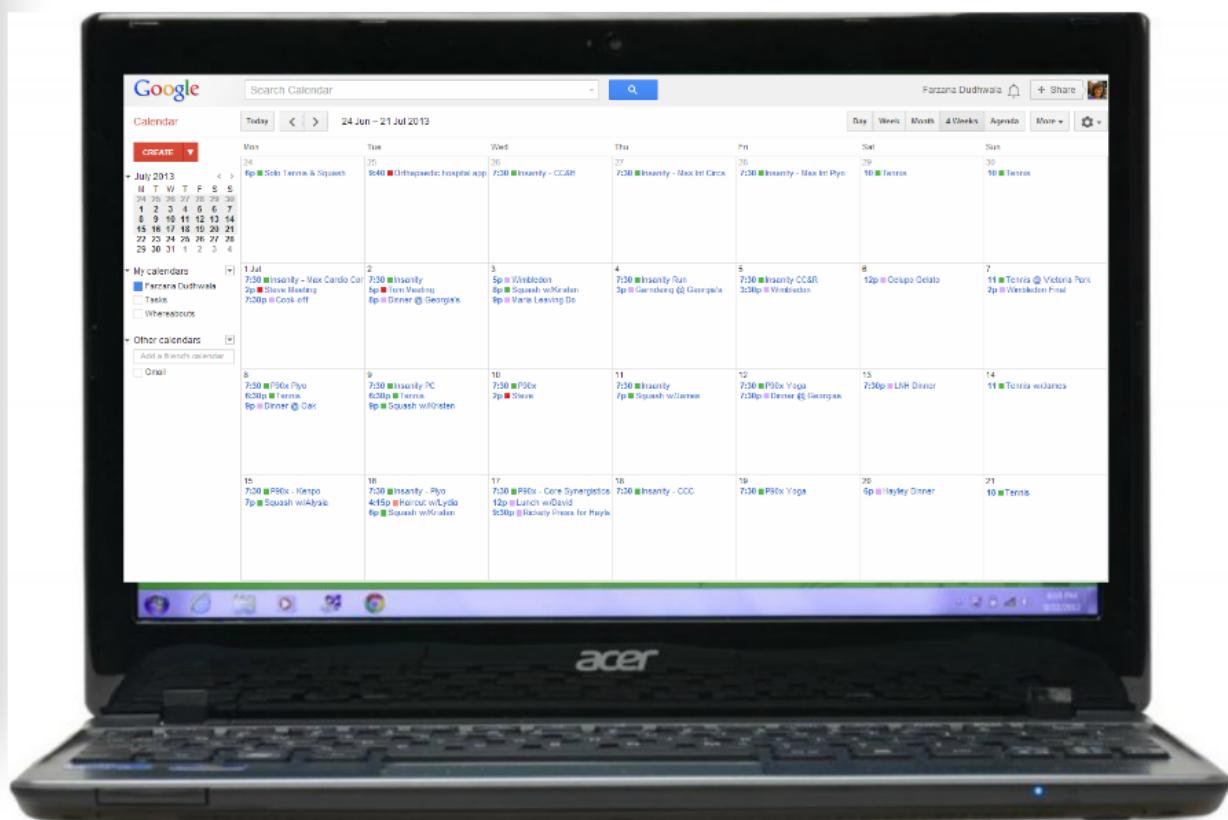
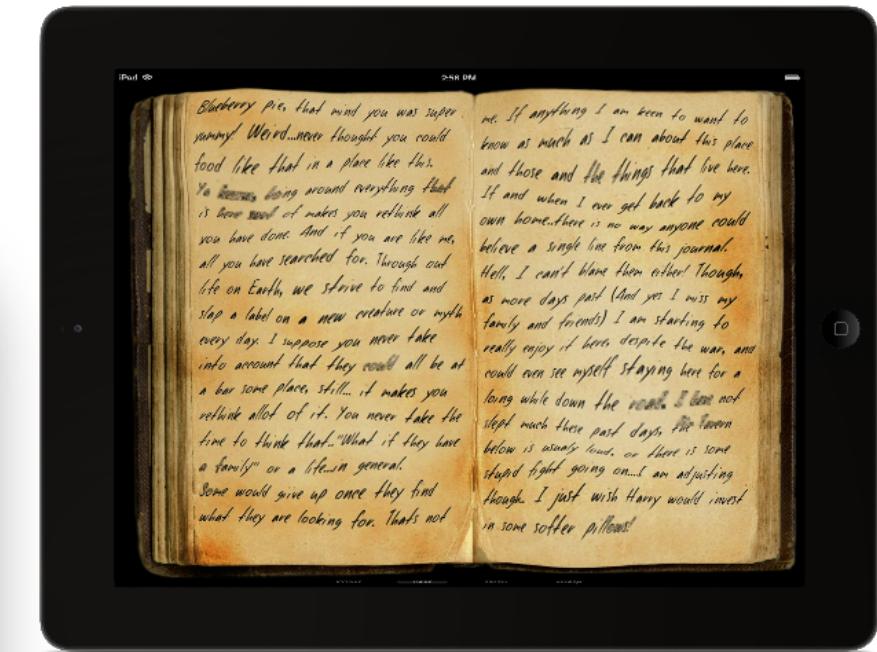




**ME
ANXIOUS**

ME

CURIOUS



QS



Sleep Cycle



UP



Lumosity



T2 Mo...acker



Fitbit



MapMyRun



Lift



P.D.



VitalSigns



Heart Rate



Day One



FlightTrack



WordPress



Countdown+



Wunderlist



Search Calendar



Farzana Duhhwala



+ Share



Calendar

Today



24 Jun – 21 Jul 2013

Day Week Month 4 Weeks Agenda More



CREATE

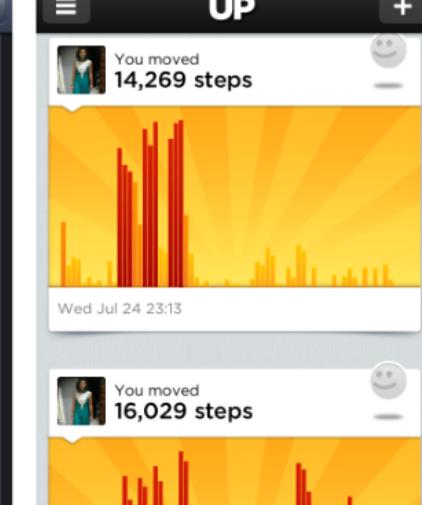
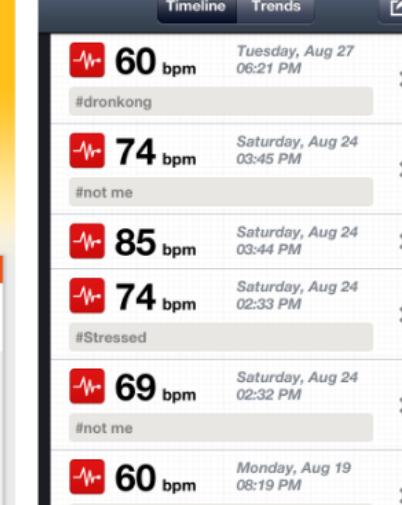
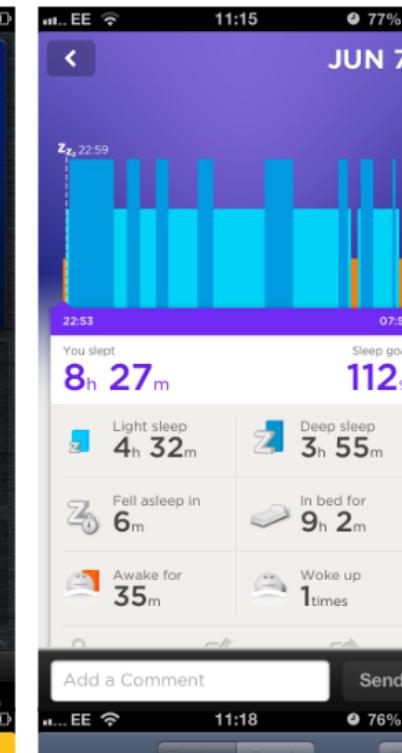
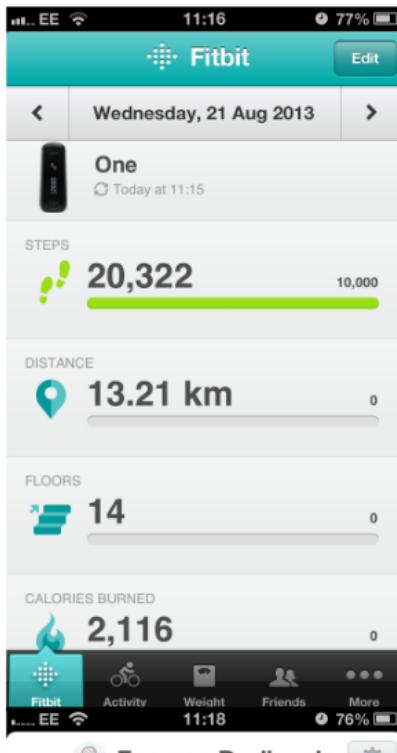


Mon Tue Wed Thu Fri Sat Sun

| | | | | | | | | |
|------------------------------------------------------|------------------------------|-------------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|--------------------------|----------------------------------|
| July 2013 < > | | 24 6p ■ Solo Tennis & Squash | 25 9:40 ■ Orthopaedic hospital app | 26 7:30 ■ Insanity - CC&B | 27 7:30 ■ Insanity - Max Int Circs | 28 7:30 ■ Insanity - Max Int Plyo | 29 10 ■ Tennis | 30 10 ■ Tennis |
| M | T | W | T | F | S | S | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 | | |
| My calendars | | 1 Jul 7:30 ■ Insanity - Max Cardio Cor | 2 7:30 ■ Insanity | 3 5p ■ Wimbledon | 4 7:30 ■ Insanity Run | 5 7:30 ■ Insanity CC&R | 6 12p ■ Gelupo Gelato | 7 11 ■ Tennis @ Victoria Park |
| <input checked="" type="checkbox"/> Farzana Duhhwala | | 2p ■ Steve Meeting | 5p ■ Tom Meeting | 8p ■ Squash w/Kirsten | 3p ■ Garndeing @ Georgia's | 3:30p ■ Wimbledon | | 2p ■ Wimbledon Final |
| <input type="checkbox"/> Tasks | | | | 9p ■ Maria Leaving Do | | | | |
| <input type="checkbox"/> Whereabouts | | | | | | | | |
| Other calendars | | | | | | | | |
| Add a friend's calendar | | | | | | | | |
| <input type="checkbox"/> Gmail | | | | | | | | |
| 8 | | 9 7:30 ■ P90x PC | 10 7:30 ■ P90x | 11 7:30 ■ Insanity | 12 7:30 ■ P90x Yoga | 13 7:30p ■ LNH Dinner | | 14 11 ■ Tennis w/James |
| | | 6:30p ■ Tennis | 2p ■ Steve | 7p ■ Squash w/James | 7:30p ■ Dinner @ Georgias | | | |
| | | 9p ■ Dinner @ Oak | | | | | | |
| 15 7:30 ■ P90x - Kenpo | 16 7:30 ■ Insanity - Plyo | 17 4:15p ■ Haircut w/Lydia | 18 6p ■ Squash w/Kristen | 19 7:30 ■ P90x - Core Synergistics | 20 7:30 ■ P90x Yoga | 21 6p ■ Hayley Dinner | | 10 ■ Tennis |
| 7p ■ Squash w/Alyisia | | 6p ■ Squash w/Kristen | | 12p ■ Lunch w/David | | | | |
| | | 9:30p ■ Rickety Press for Hayls | | 9:30p ■ Ricky Press for Hayls | | | | |
| | | | | | | | | |



acer



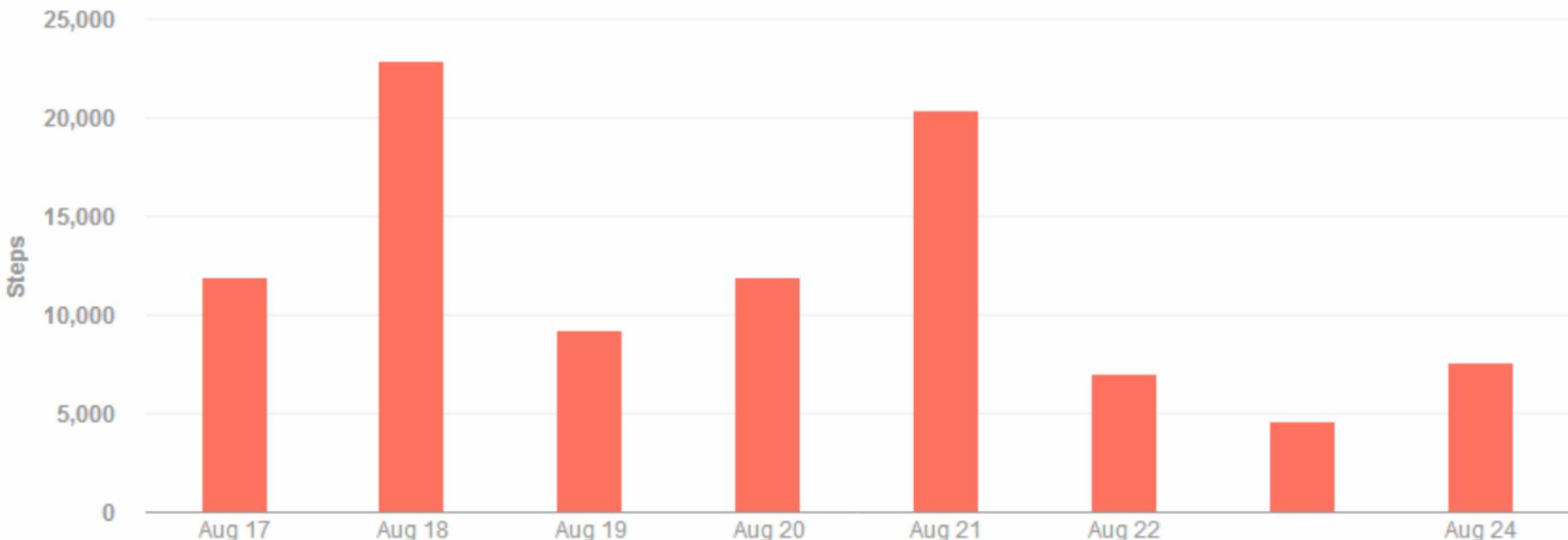
ME

OVERWHELMED

Today Week Month Year All

Aug 17 - 24, 2013

Steps Distance Floors Calories burned



Activity History

Daily Totals

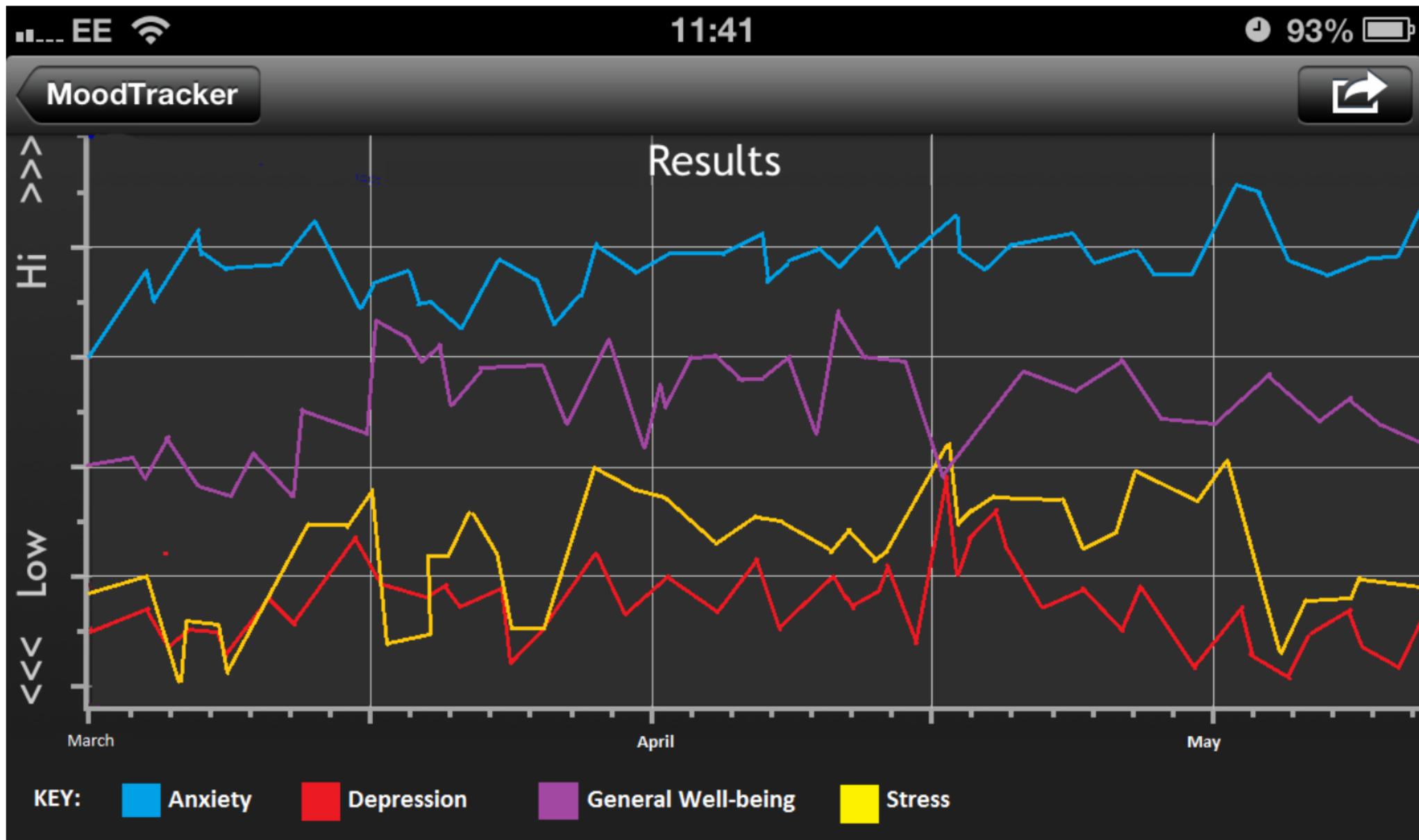
95,075 steps

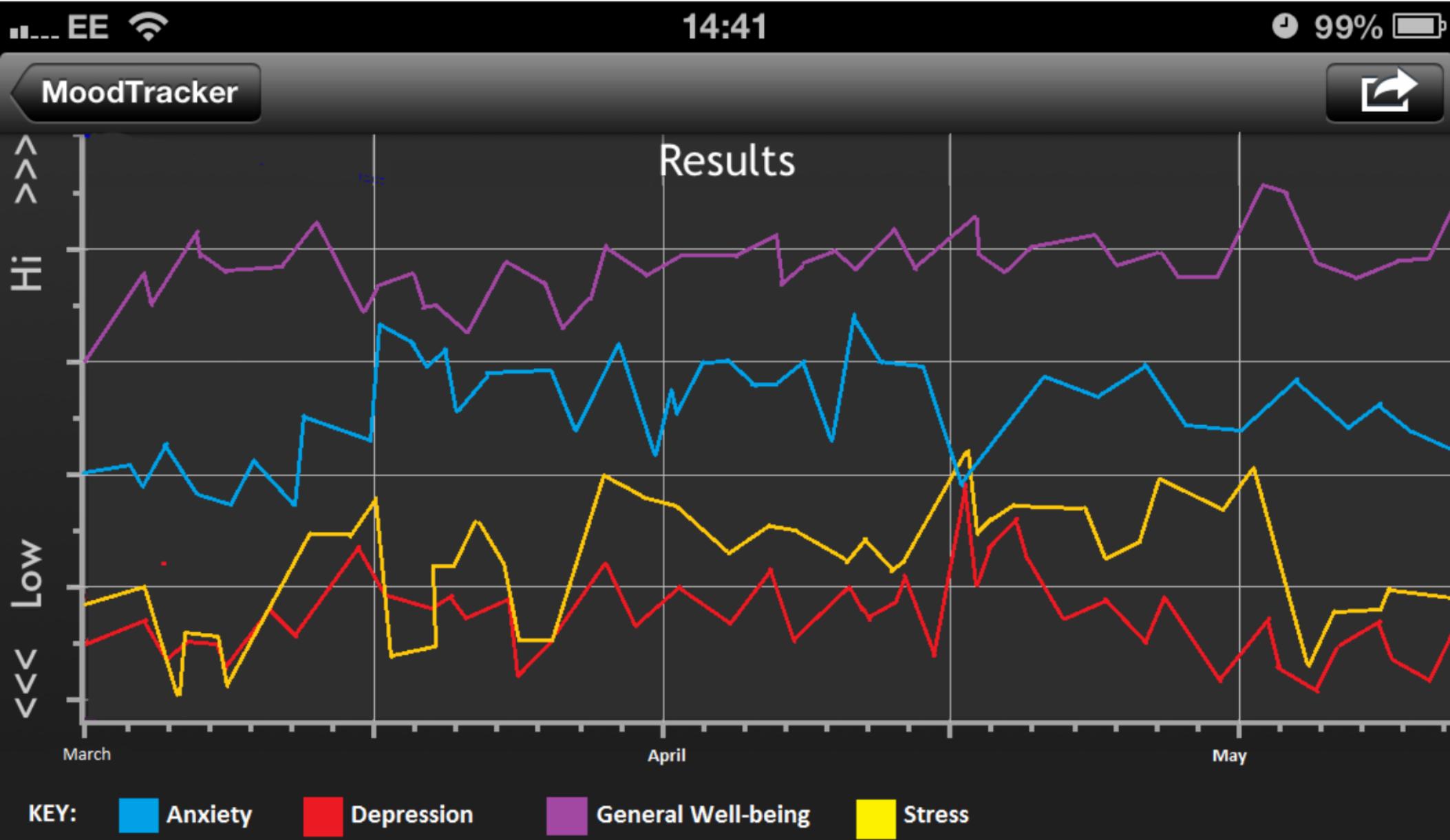
91 floors

61.80 km

15,780 calories

**ME
BORED**





MAF

ANXIOUS?

ME

F?

CURIOS.

Farzana Dudhwala || University of Oxford

farzana.dudhwala@sbs.ox.ac.uk || @fuz_d