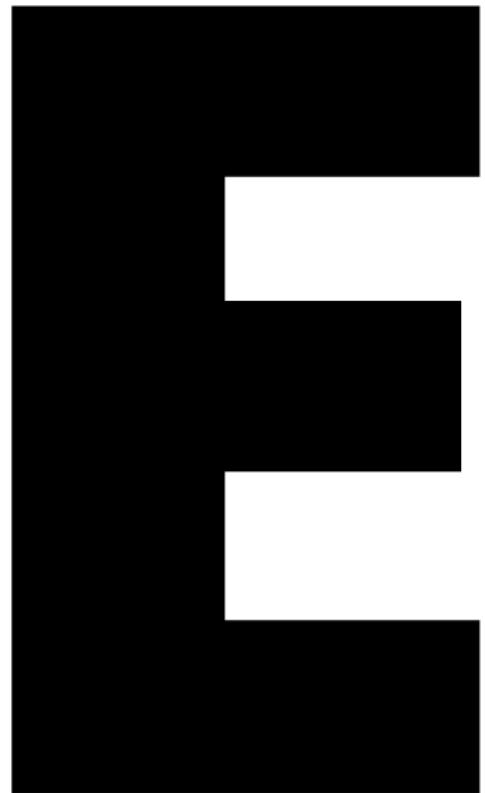


# "ME"



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**

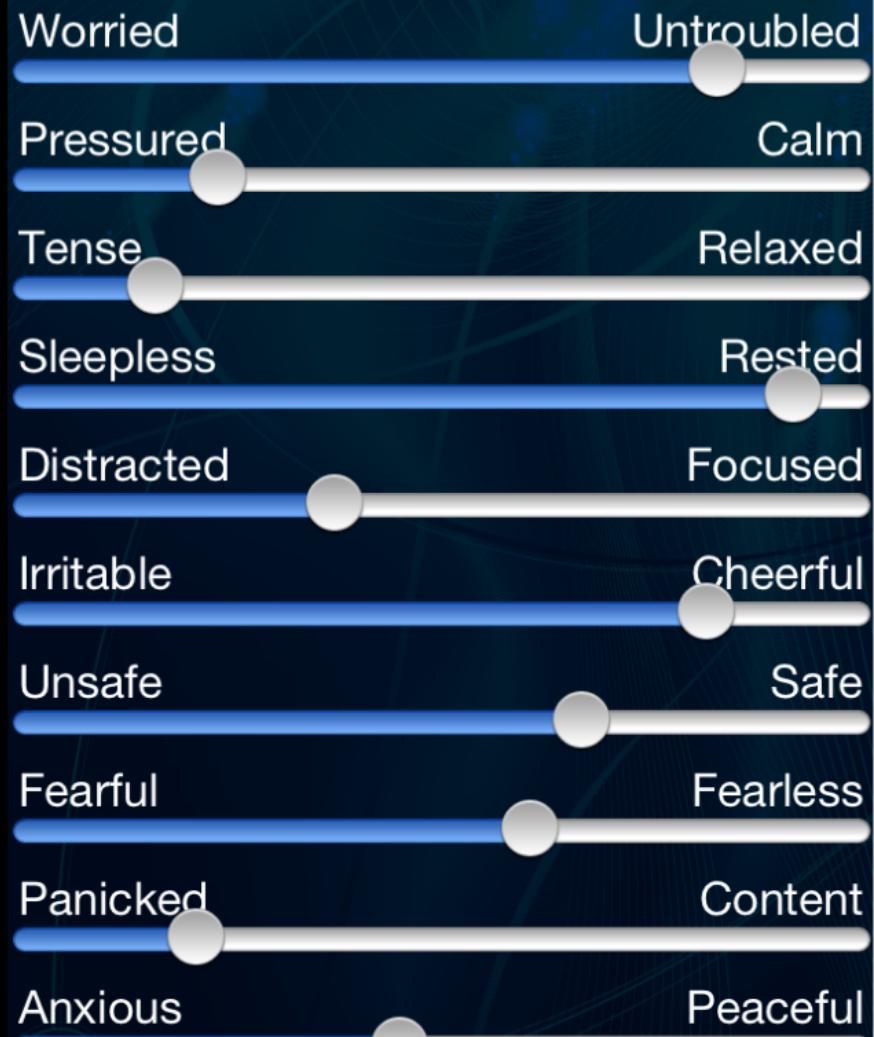


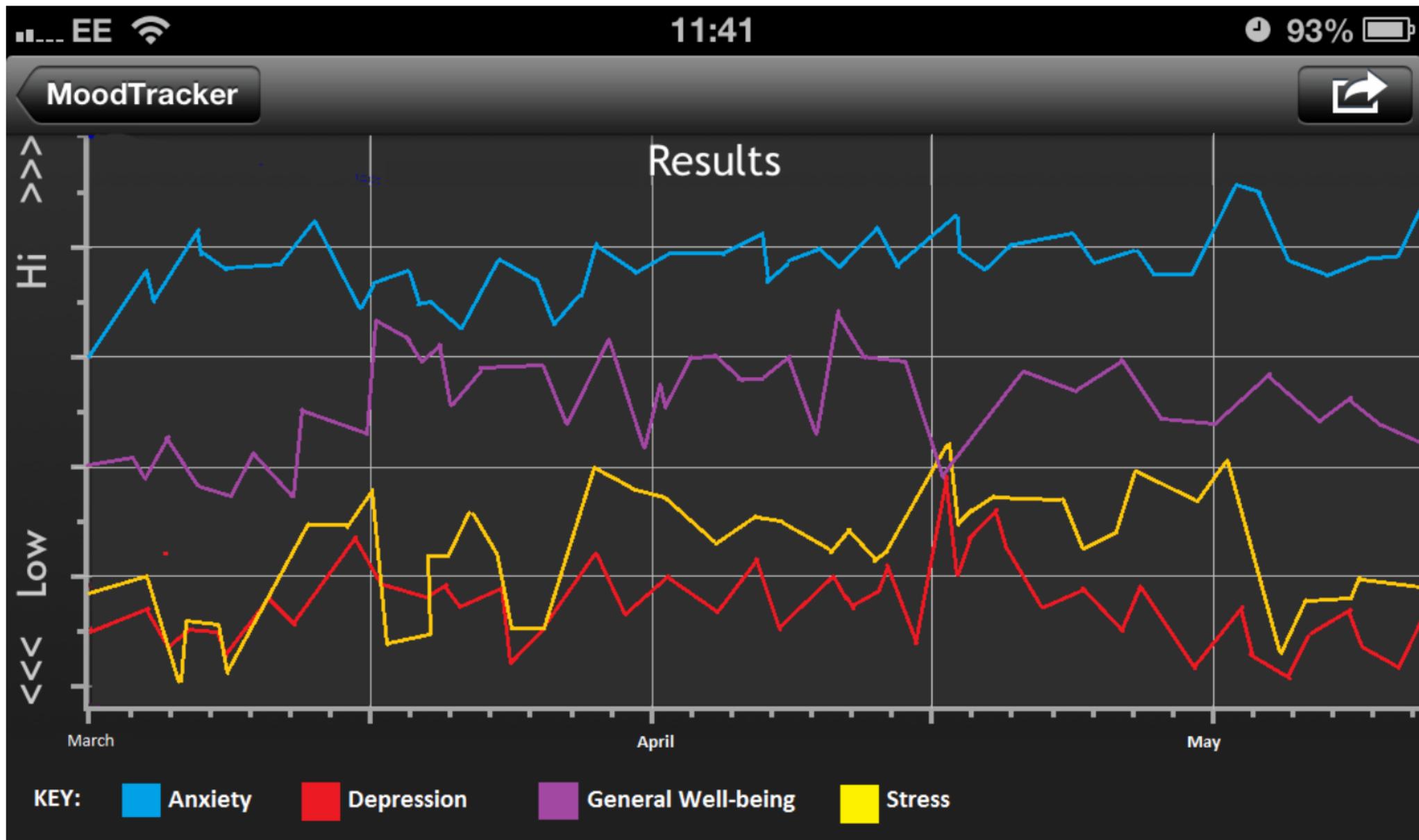
NATIONAL CENTER FOR  
TELEHEALTH & TECHNOLOGY

MoodTracker

## Anxiety

Save

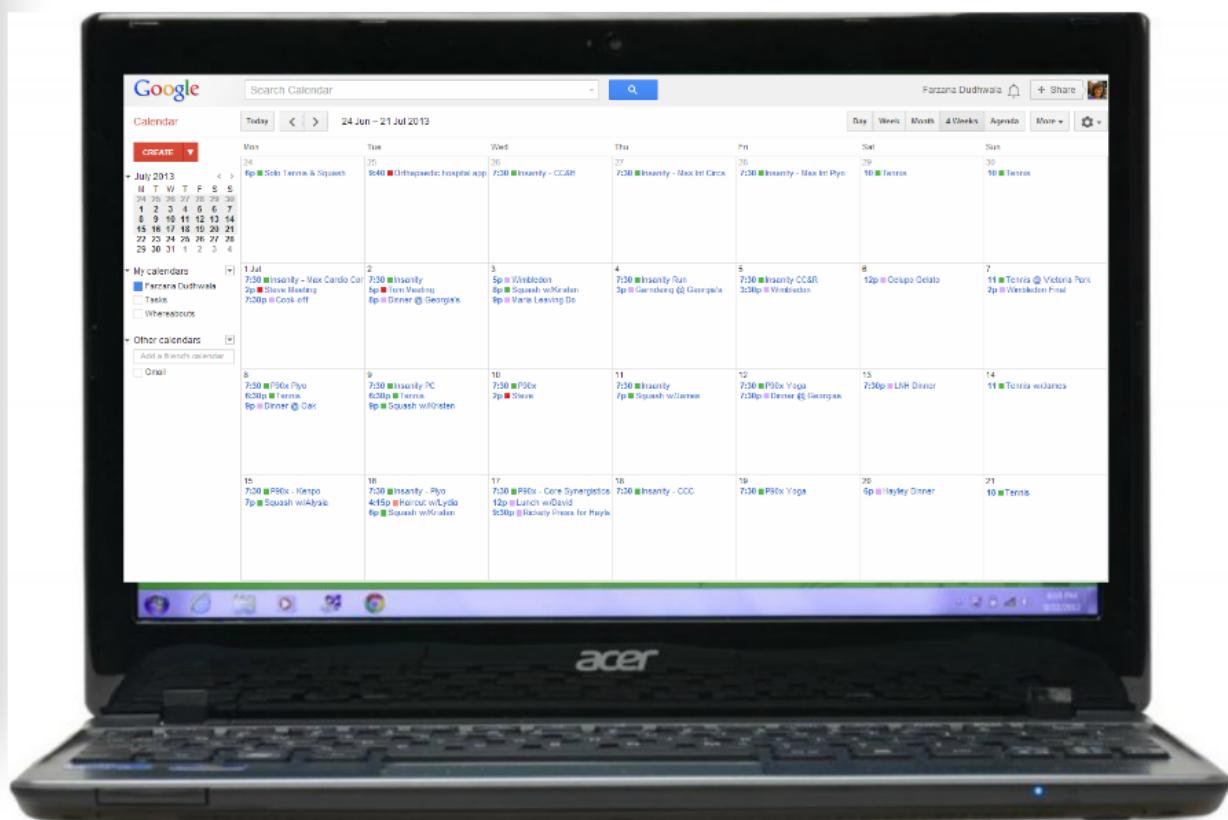
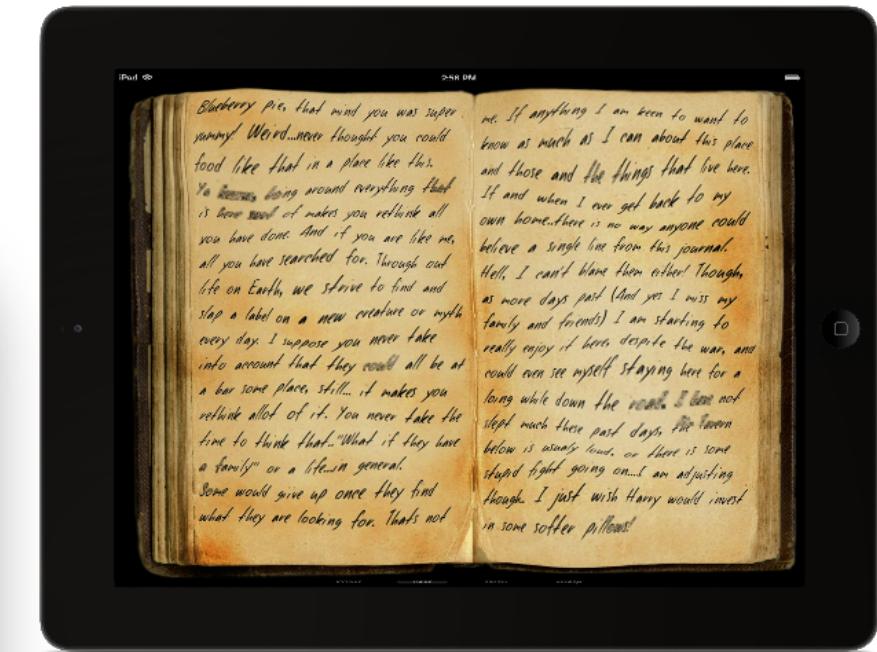




**ME  
ANXIOUS**

**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

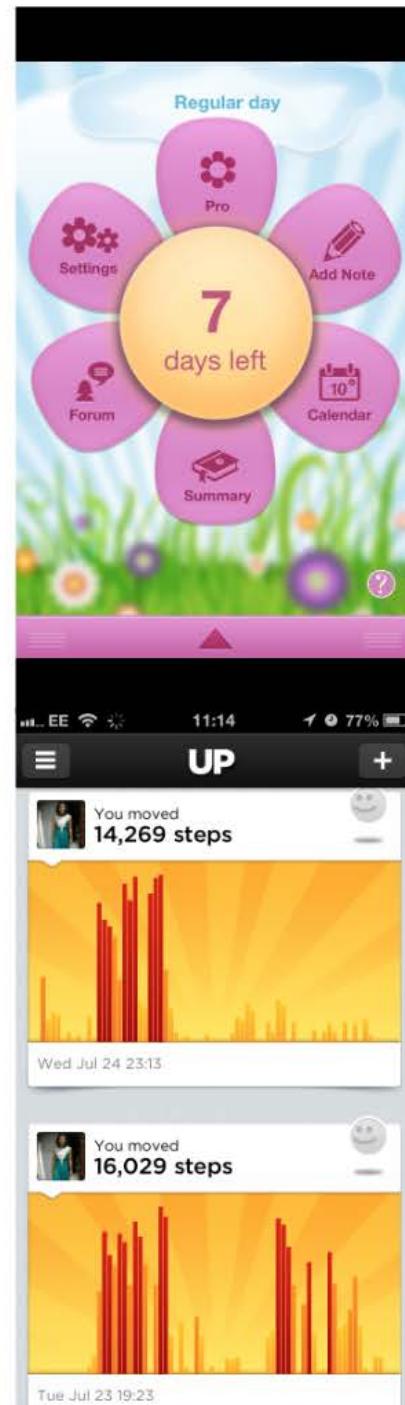


Mon Tue Wed Thu Fri Sat Sun

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								
<a href="#">Add a friend's calendar</a>								
<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		16 7:30 ■ Insanity - Phylo	17 7:30 ■ P90x - Core Synergistics	18 7:30 ■ Insanity - CCC	19 7:30 ■ P90x Yoga	20 6p ■ Hayley Dinner	21 10 ■ Tennis	
		7p ■ Squash w/Alyisia	4:15p ■ Haircut w/Lydia	12p ■ Lunch w/David				
			6p ■ Squash w/Kristen	9:30p ■ Rickety Press for Hayls				



acer



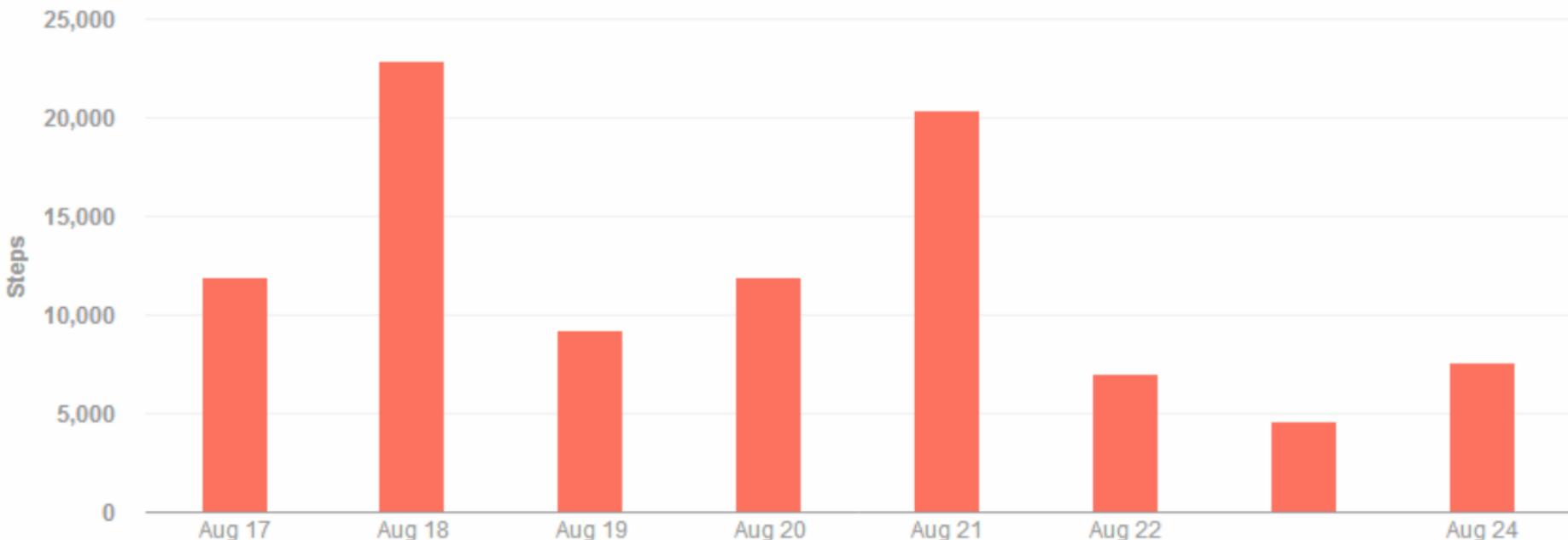
**ME**

**OVERWHELMED**

Today Week Month Year All

Aug 17 - 24, 2013

Steps Distance Floors Calories burned



## Activity History

Daily Totals

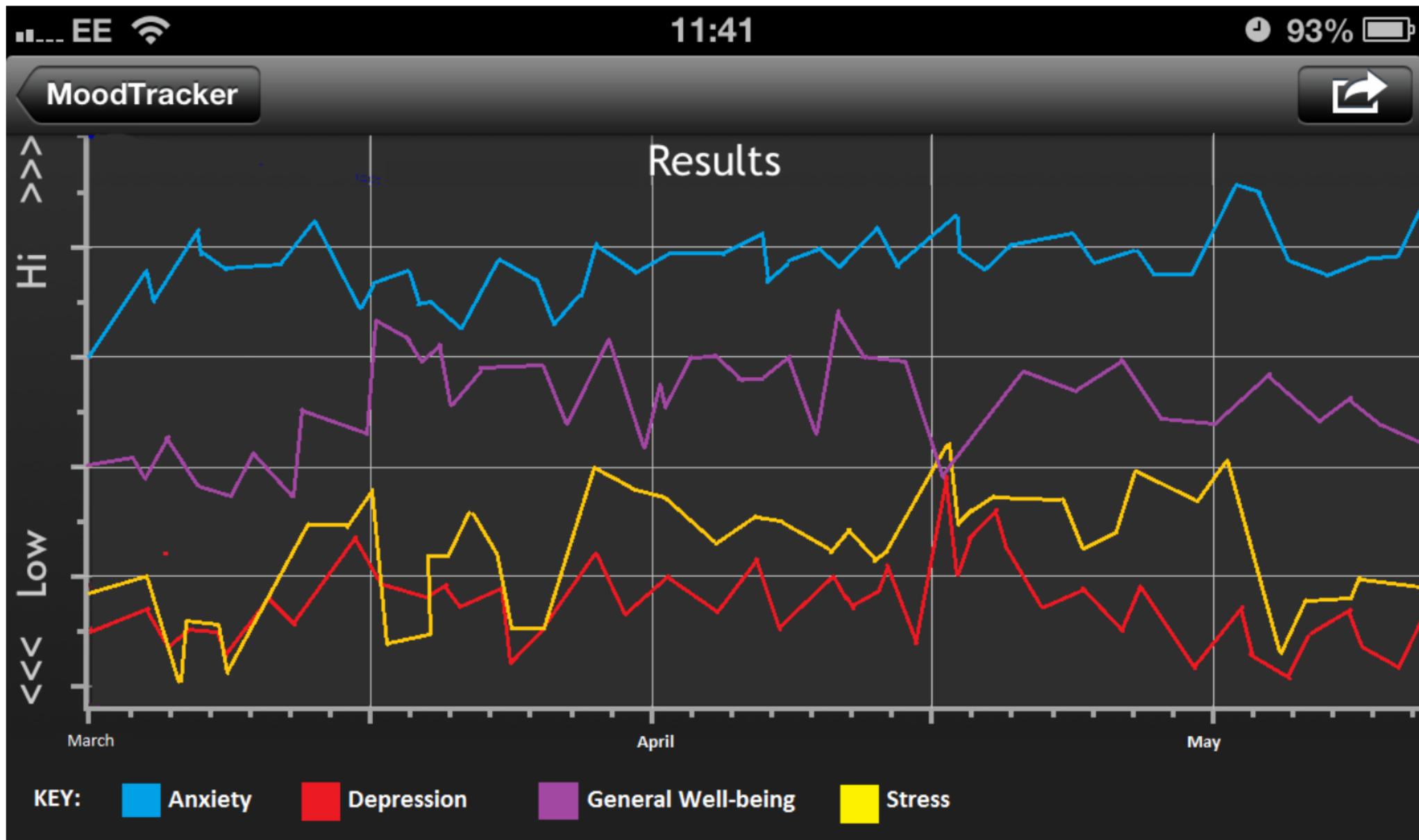
**95,075** steps

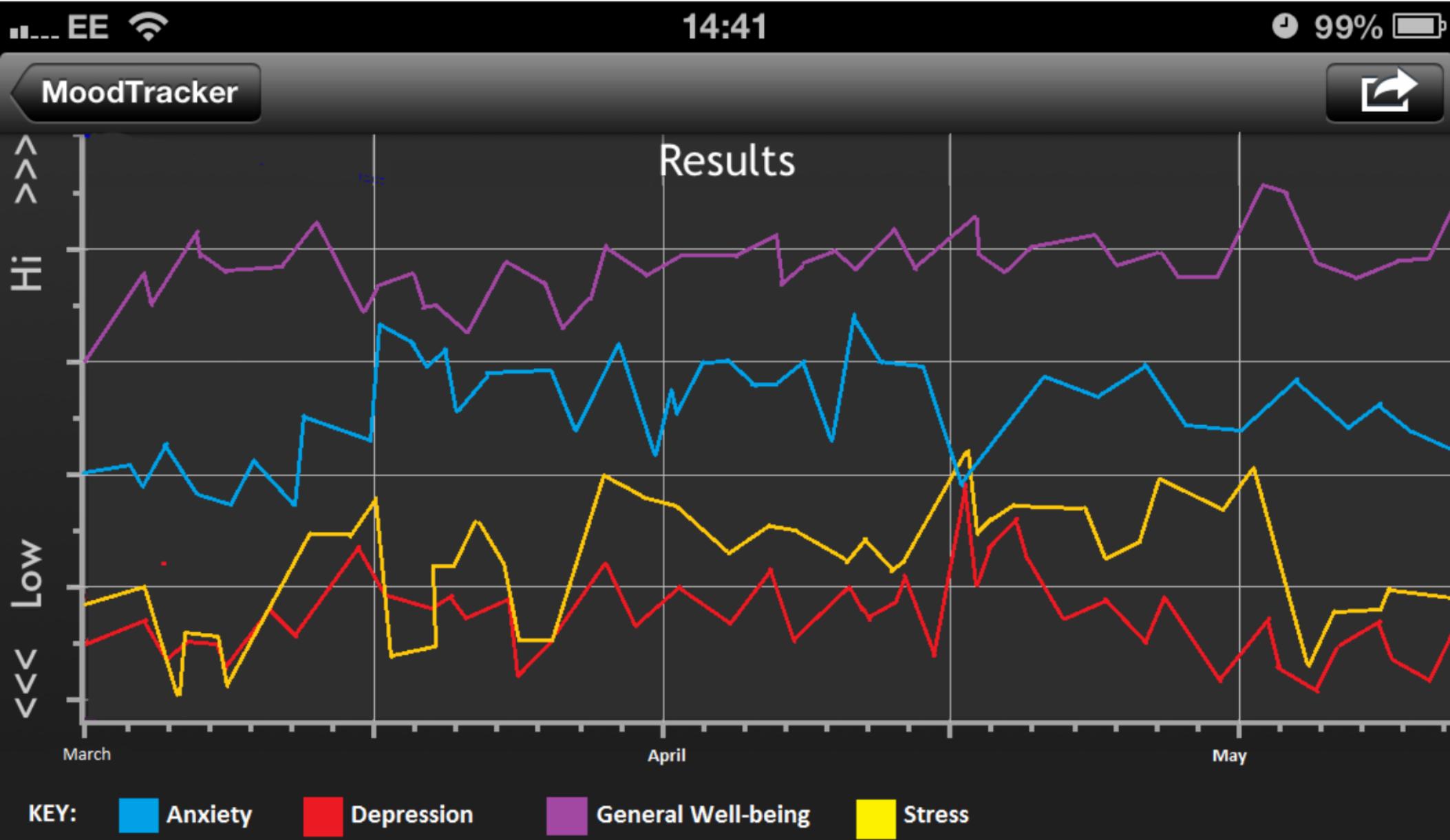
**91** floors

**61.80** km

**15,780** calories

**ME  
BORED**





**MAF**

**ANXIOUS?**

ME

F?

# CURIOS.

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