My Data    |    My GPII Preferences (2)

## My Notes

### Tuesday - May 25th

**How do I feel right now?**
_____
_____

**What did I want to achieve today?**
_____
_____
_____
_____
_____
_____

### Previous Notes

- May 17th, 2016
- May 1st, 2016
- April 27th, 2016

Info

Yes

No

Note

Goal

To Do

## My Timeline    My Calendar    My Goals

Today

01/05          17/05          25/05  29/05          10/06

| All | Left to do | Completed |

## My Data

My Data    |    My GPII Preferences (2)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

**What did I want to achieve today?**

## My Current GPII Preferences

☑ Select All

◑ **CONTRAST**

Adjusted Contrast to Black on White

☑ Display changes to this preference on My Data Panel

Last changed in May 1st. →

ₐA**A** **TEXT SIZE**

Adjusted text size to 26 points

☑ Display changes to this preference on My Data Panel

Last changed in May 17th. →

Go to GPII Preferences

## My Timeline    My Calendar    My Goa

◀    Today

01/05        17/05        25/05   29/05

All    Left to do    Complete

## My Data

Hello Jamie!
Welcome to MyL3

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

**What did I want to achieve today?**

### Previous Notes

- May 17th, 2016
- May 1st, 2016
- April 27th, 2016

## My Timeline  My Calendar  My Goals

Today

01/05          17/        25/05   29/05          10/06

- Made a note
- Changed GPII Preferences: Text Size
- Added a goal: Meet with a job advisor

...leted

Add Comments

Progress Rate

Today

GPII

01/05                    17/05                    25/05

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

★ Apply for a part-time welding program 📄

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline    My Calendar    My Goals

Today

01/05        17/05        25/05    29/05        10/06

| All | Left to do | Completed |

## My Data

Progress
Rate

Add Comments

Today

GPII

01/05                        17/05                        25/05

Hello Jamie!
Welcome to MyL3

Account    Sign out

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**
Tired

**What did I want to achieve today?**

⭐ Apply for a part-time welding program

## My Current GPII Preferences

☑ Select All

### CONTRAST
Adjusted Contrast to Black on White

☑ Display changes to this preference on My Data Panel

Last changed in May 1st. →

### AAA TEXT SIZE
Adjusted text size to 26 points

☑ Display changes to this preference on My Data Panel

Last changed in May 17th. →

## My Timeline    My Calendar    My Goa

Today

01/05          17/05          25/05  29/05

| All | Left to do | Complete |

Go to GPII Preferences

## My Data

Progress
Rate

GPII

01/05                              17/05

1. Logging into GPII

2. Enabling the Slef-Voicing

3. Going back to the MyL3

Hello Jamie!
Welcome to MyL3

My Data      |      My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood    ☐ focus    ☐ navigation    ☐ typing    other things like:

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline    My Calendar    My Goals

Today

01/05        17/05        25/05    29/05        10/06

| All | Left to do | Completed |

## My Data

Progress
Rate

Add Comments

Today

GPII        GPII

01/05        17/05        25/05

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood   ☐ focus   ☐ navigation   ☑ typing   other things like:

Do you want to track your typing speed progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline   My Calendar   My Goals

◀   01/05        17/05      Today
                            25/05   29/05        10/06   ▶

[ All | Left to do | Completed ]

## My Data

Progress
Rate

Add Comments

Today

GPII          GPII                      GPII
01/05         17/05                     25/05

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood   ☐ focus   ☐ navigation   ☑ typing   other things like:

Do you want to track your typing speed progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline   My Calendar   My Goals

Today

01/05          17/05          25/05  29/05          10/06

| All | Left to do | Completed |

## My Data

Progress
Rate

Add Comments

Today

Typing
Speed

GPII                    GPII

01/05                    17/05                    25/05

My Data    |    My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood  ☐ focus  ☑ navigation  ☑ typing    other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline   My Calendar   My Goals

Today

01/05    17/05    25/05  29/05    10/06

| All | Left to do | Completed |

## My Data

Add Comments

Progress
Rate

Navigation
Timing

Typing
Speed

GPII    01/05

17/05

Today

GPII    25/05

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood   ☐ focus   ☑ navigation   ☑ typing   other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline    My Calendar    My Goals

Today

01/05        17/05        25/05  29/05        10/06

| All | Left to do | Completed |

## My Data

Add Comments

Progress
Rate

Today

Navigation
Timing

Typing
Speed

GPII                        GPII

01/05                17/05                25/05

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood    ☐ focus    ☑ navigation    ☑ typing    other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes

- May 17th, 2016
- May 1st, 2016
- April 27th, 2016

## My Timeline   My Calendar   My Goals

Today

01/05          17/05          25/05   29/05          10/06

| All | Left to do | Completed |

## My Data

Add Comments

Progress
Rate

Navigation
Timing

Typing
Speed

GPII          GPII

Today

01/05                    17/05                    25/05

My Data    |    My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood    ☐ focus    ☑ navigation    ☑ typing    other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline    My Calendar    My Goals

Today

01/05        17/05    25/05  29/05        10/06

| All | Left to do | Completed |

## My Data

Add Comments

Progress
Rate

Navigation
Timing

Typing
Speed

GPII                                    GPII

01/05                17/05                25/05

Today

Hello Jamie!
Welcome to MyL3

Account    Sign out

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

**My Notes**

**Tuesday - May 25th**

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

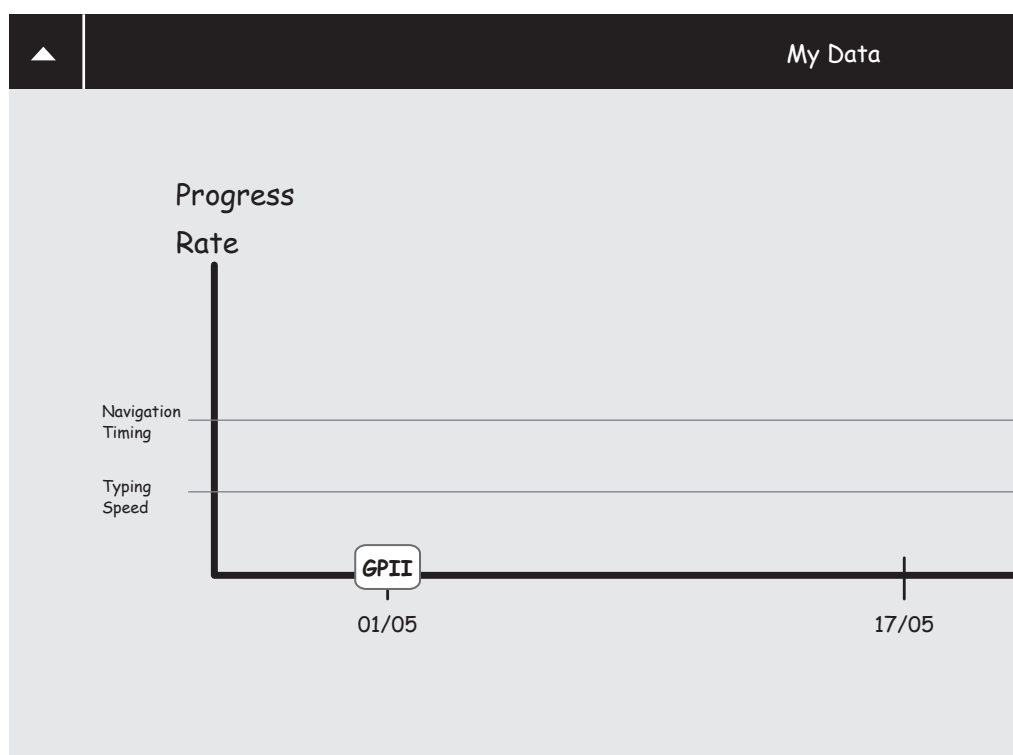☐ mood    ☐ focus    ☑ navigation    ☑ typing    other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

Currently tracking:

Typing speed
☑ Display Progress on My Data Panel
Enabled Tracking on a note in May 25th. →

Navigation timing
☑ Display Progress on My Data Panel
Enabled Tracking on a note in May 25th. →

Add Other Data Sources

**My Timeline**    My Calendar    My Goo

Today

01/05        17/05        25/05    29/05

All    Left to do    Complete

**My Data**

Progress
Rate

Navigation
Timing

Typing
Speed

GPII

01/05        17/05

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

⭐ Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?  👎 👍

• This new contrast helps me with my:

☐ mood  ☐ focus  ☑ navigation  ☑ typing   other things like:

Do you want to track your typing speed progress?  👎 👍

Do you want to track your navigation timing progress?  👎 👍

## My Timeline   My Calendar   My Goa

Today

01/05          17/05          25/05  29/05

| All | Left to do | Complete |

## My Data

Progress
Rate

Navigation
Timing

Typing
Speed

GPII

01/05                    17/05

---

### Currently tracking:

Typing speed
☑ Display Progress on My Data Panel
Enabled Tracking on a note in May 25th. →

Navigation timing
☐ Display Progress on My Data Panel
Enabled Tracking on a note in May 25th. →

## Add Other Data Sources

My Data    |    My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

### My Notes

## Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood    ☐ focus    ☑ navigation    ☑ typing    other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

---

### My Timeline    My Calendar    My Goals

01/05        17/05        Today        29/05        10/06
                          25/05

| All | Left to do | Completed |

---

### My Data

Progress
Rate

Add Comments

Navigation
Timing

Typing
Speed

Today

GPII                    GPII                    GPII

01/05                  17/05                  25/05

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

★ Apply for a part-time welding program  📄

**Enabled Self-Voicing**

• Does this Self-Voicing help me?  👎 👍

• This new contrast helps me with my:

☐ mood   ☐ focus   ☑ navigation   ☑ typing   other things like:

Do you want to track your typing speed progress?  👎 👍

Do you want to track your navigation timing progress?  👎 👍

### Previous Notes
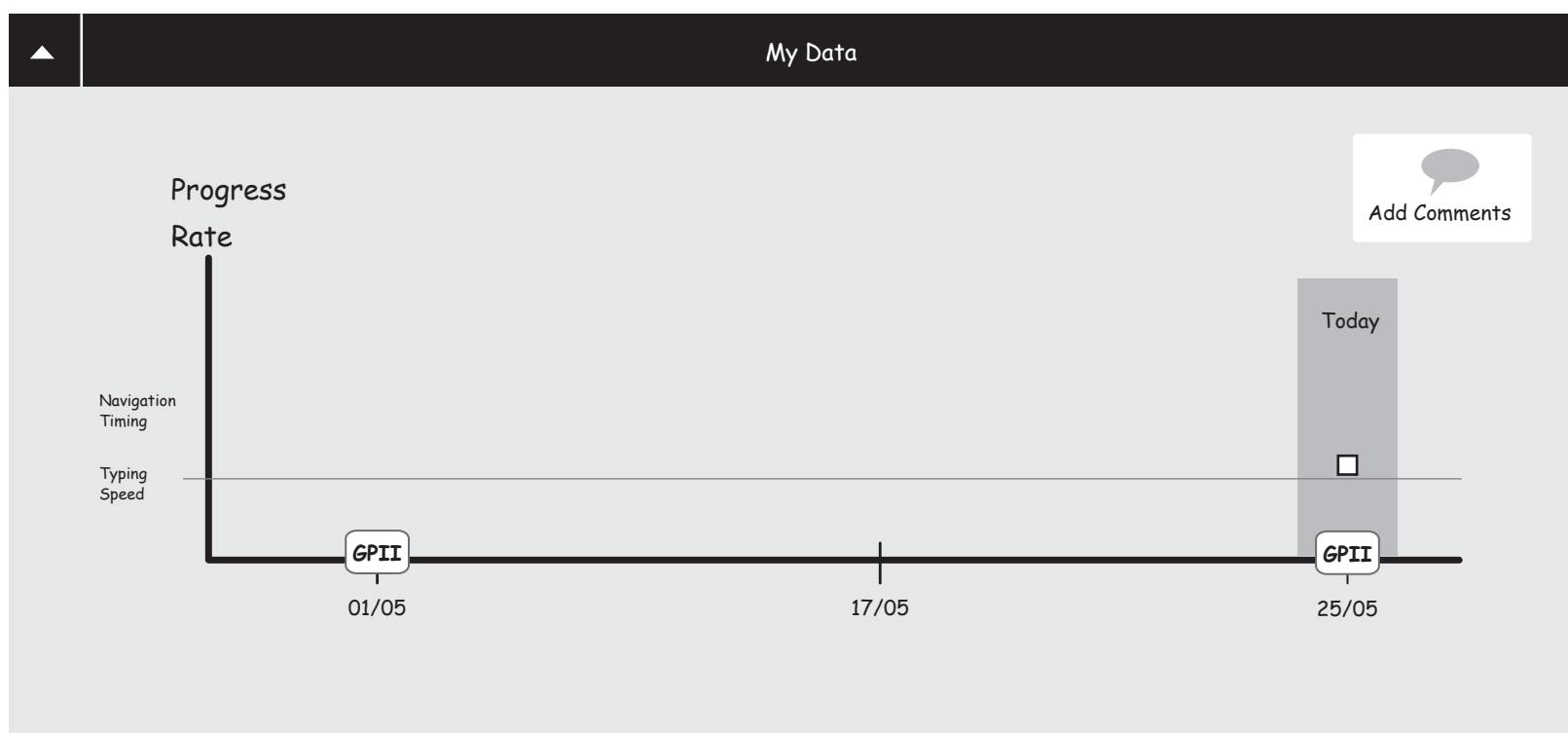
• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

## My Timeline   My Calendar   My Goals

Day
Week
Month
Year

◄ **Thursday - May (25)** ►

📄 Made a note

[ All ][ Left to do ][ Completed ]

## My Data

Progress Rate

💬
Add Comments

Today

Navigation Timing

Typing Speed

GPII          GPII
01/05        17/05        25/05

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood   ☐ focus   ☑ navigation   ☑ typing   other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

---

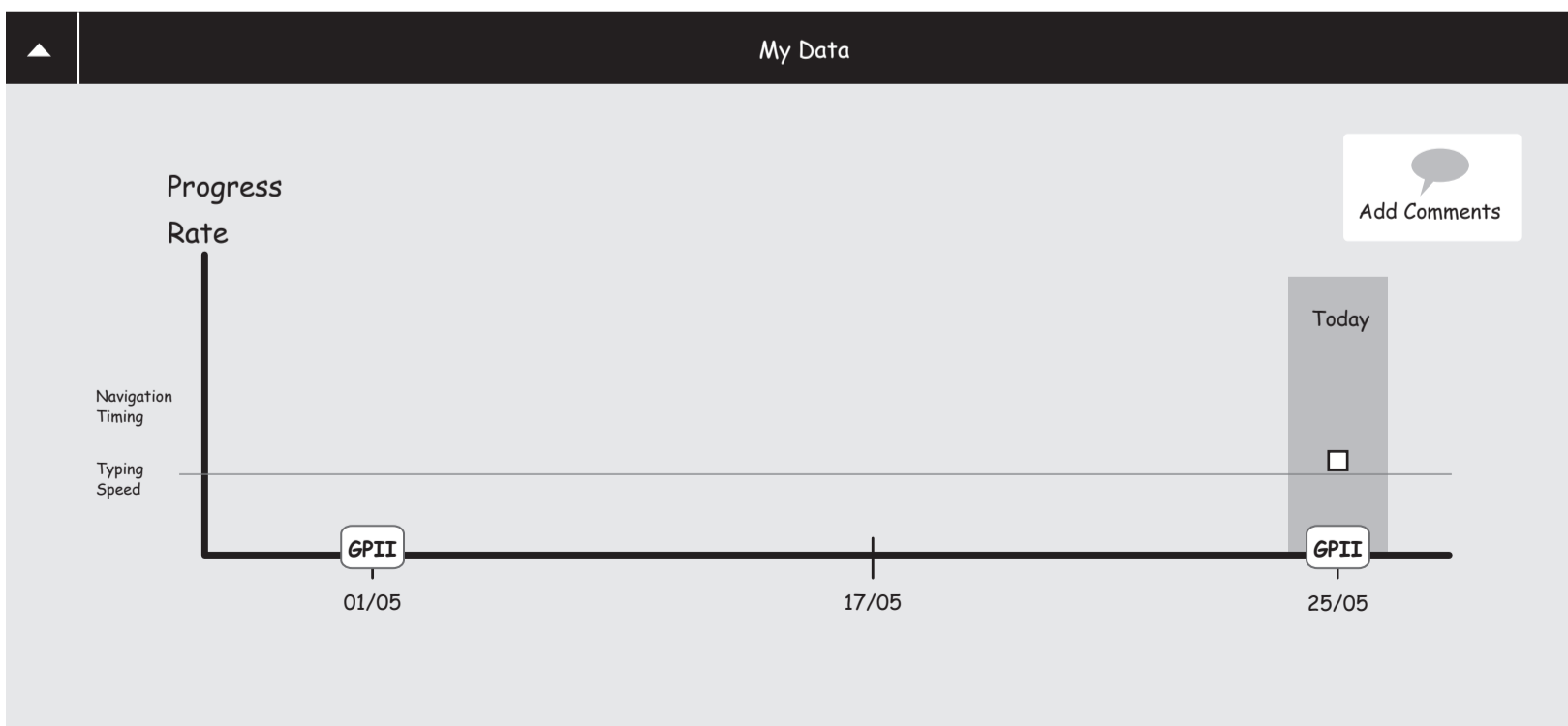My Activities   **My Calendar**   My Goals

Day
**Week**
Month
Year

◀ **May 19-25 2016** ▶

| | |
|---|---|
| SUNDAY | 19 |
| MONDAY | 20 |
| TUESDAY | 21 |
| WEDNESDAY | 22 |
| THURSDAY | 23 |
| FRIDAY | 24 |
| SATURDAY | 25 |

Made a note

| All | Left to do | Completed |

---

## My Data

Add Comments

Progress
Rate

Today

Navigation
Timing

Typing
Speed

GPII

GPII

01/05          17/05          25/05

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**
Tired

**What did I want to achieve today?**
Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood    ☐ focus    ☑ navigation    ☑ typing    other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

---

My Timeline    **My Calendar**    My Goals

Day
Week
Month
Year

### ◄ May 2016 ►

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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 |

| All | Left to do | Completed |
|-----|------------|-----------|

---

## My Data

Progress
Rate

Add Comments

Today

Navigation
Timing

Typing
Speed

GPII                    GPII

01/05          17/05          25/05

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood    ☐ focus    ☑ navigation    ☑ typing    other things like:

Do you want to track your typing speed progress?

Do you want to track your navigation timing progress?

### Previous Notes
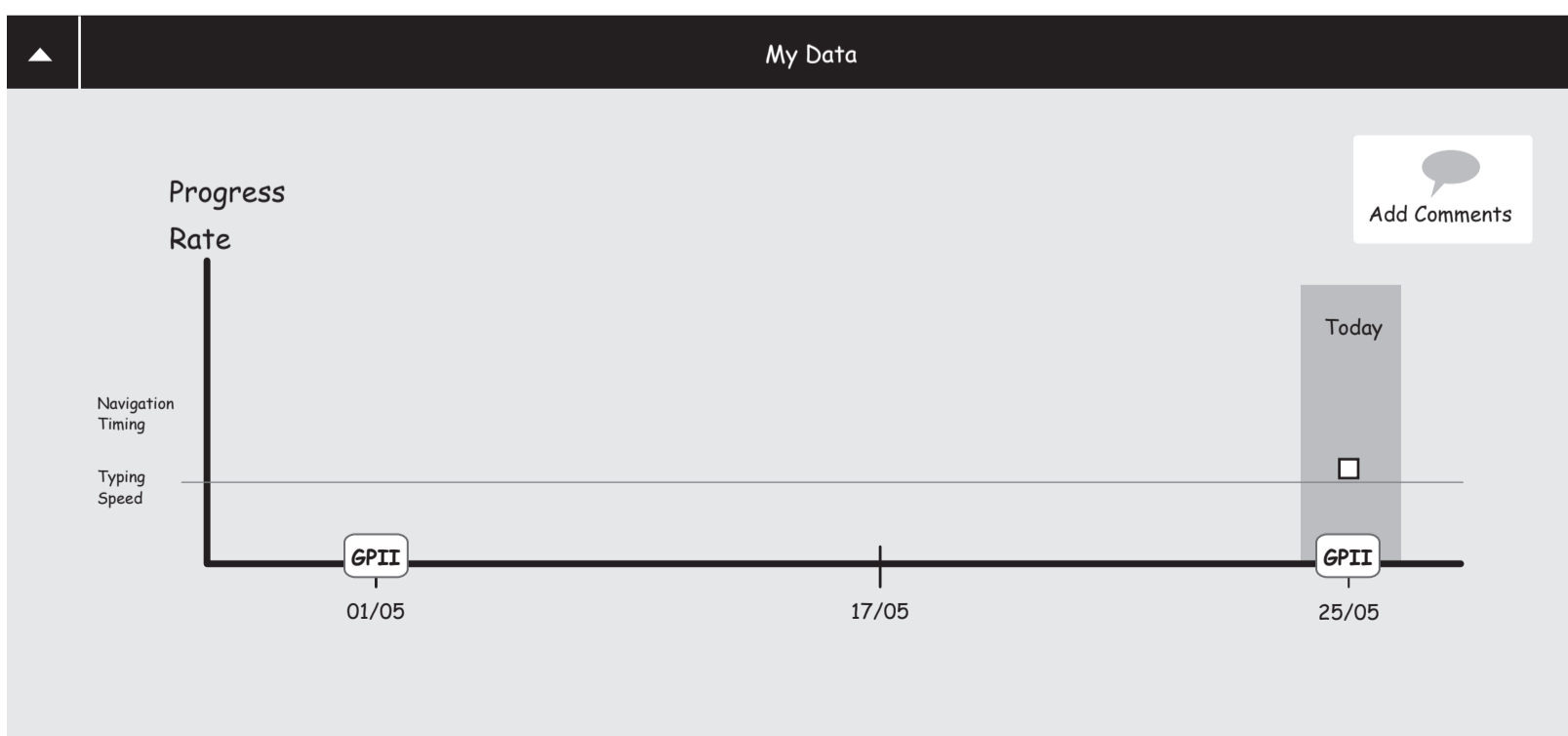
• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

---

My Timeline    **My Calendar**    My Goals

Day
Week
Month
Year

◄ **2016** ►

| January | February | March | April |
|---|---|---|---|
| 1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 |
| 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 |
| 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 |
| 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 |
| 26 27 28 29 30 31 | 26 27 28 29 30 31 | 26 27 28 29 30 31 | 26 27 28 29 30 31 |

| May | June | July | August |
|---|---|---|---|
| 1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 |
| 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 |
| 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 |
| 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 |
| 26 27 28 29 30 31 | 26 27 28 29 30 31 | 26 27 28 29 30 31 | 26 27 28 29 30 31 |

| September | October | November | December |
|---|---|---|---|
| 1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 |
| 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 | 5 6 7 8 9 10 11 |
| 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 |
| 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 | 19 20 21 22 23 24 25 |
| 26 27 28 29 30 31 | 26 27 28 29 30 31 | 26 27 28 29 30 31 | 26 27 28 29 30 31 |

| All | Left to do | Completed |

---

## My Data

Progress
Rate

Add Comments

Today

Navigation
Timing

Typing
Speed

GPII                              GPII

01/05                17/05        25/05

My Data     |     My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Notes

### Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program  📄

**Enabled Self-Voicing**

• Does this Self-Voicing help me?  👎  👍

• This new contrast helps me with my:

☐ mood   ☐ focus   ☑ navigation   ☑ typing   other things like:

Do you want to track your typing speed progress?  👎  👍

Do you want to track your navigation timing progress?  👎  👍

### Previous Notes

• May 17th, 2016
• May 1st, 2016
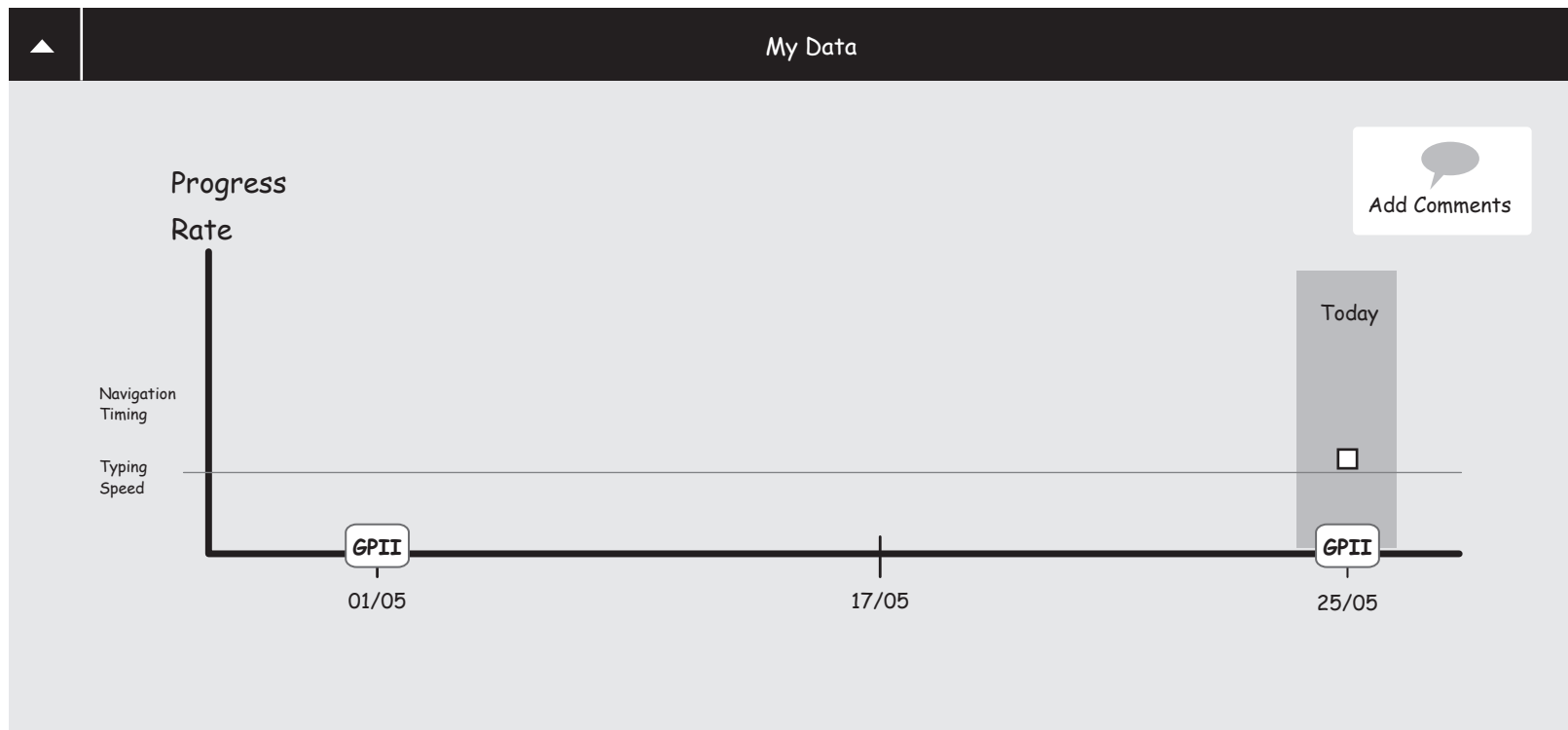• April 27th, 2016

## My Timeline   My Calendar   **My Goals**

Meet a job advisor to plan the job search process.  ✓

Apply for a part-time welding program.  🚩 2

Edit    Completed

| All | Left to do | Completed |

## My Data

Add Comments

Progress Rate

Today

Navigation Timing

Typing Speed

GPII

GPII

01/05          17/05          25/05

My Data    |    My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

### My Notes

## Tuesday - May 25th

**How do I feel right now?**

Tired

**What did I want to achieve today?**

Apply for a part-time welding program

**Enabled Self-Voicing**

• Does this Self-Voicing help me?

• This new contrast helps me with my:

☐ mood   ☐ focus   ☑ navigation   ☑ typing   other things like:

Do you want to track your typing speed progress?

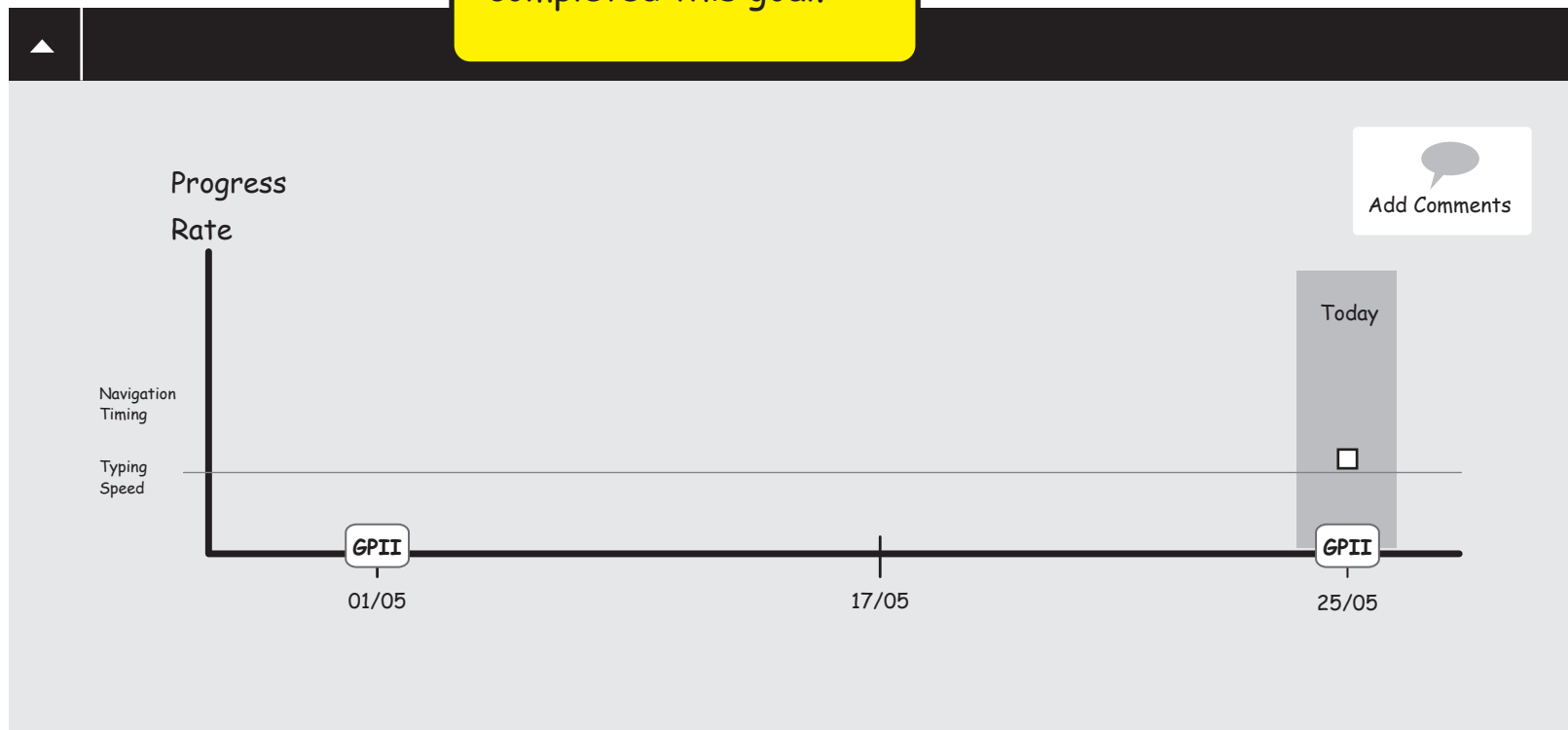Do you want to track your navigation timing progress?

### Previous Notes

• May 17th, 2016
• May 1st, 2016
• April 27th, 2016

---

My Timeline   My Calendar   **My Goals**

★ Meet a job advisor to plan the job search process.

★ Apply for a part-time welding program.

Edit | Completed

Completed

**You have successfully completed this goal.**

---

Add Comments

**Progress Rate**

Navigation Timing

Typing Speed

Today

GPII

GPII

01/05        17/05        25/05

User has had multiple visits after May 25th

# Hello Jamie!
## Welcome to MyL3

My Data    |    My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Notes

### Monday - June 10th

**How do I feel right now?**

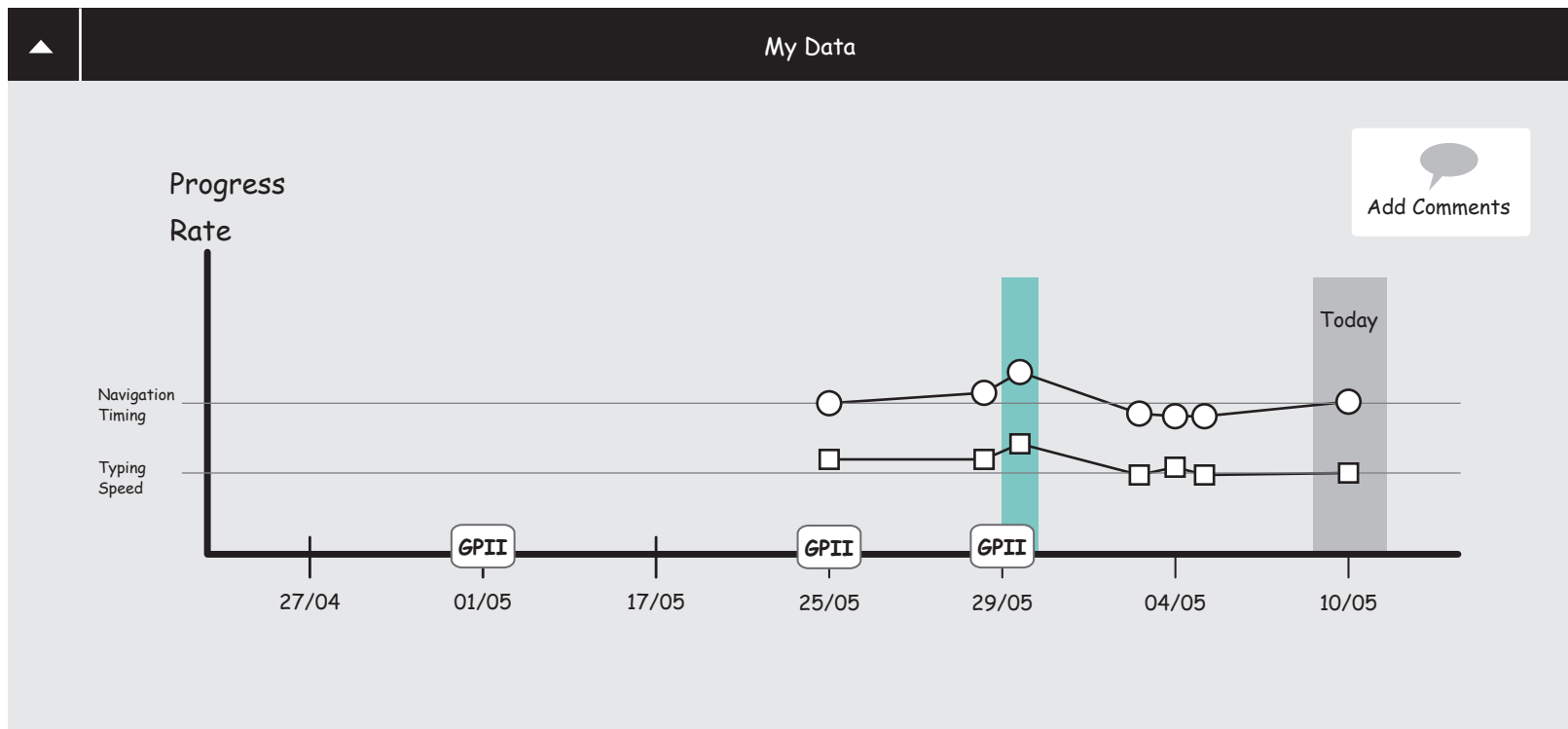**What did I want to achieve today?**

I have a goal due today:"Apply for a machine operator position" created on my May 17th note.

### Previous Notes

- June 4th, 2016
- May 29th, 2016
- May 25th, 2016
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016

## My Timeline  My Calendar  My Goals

Today

17/05    25/05    29/05    04/05    10/06    21/06

| All | Left to do | Completed |
| --- | --- | --- |

## My Data

Add Comments

Progress Rate

Navigation Timing

Typing Speed

GPII    GPII    GPII

Today

27/04    01/05    17/05    25/05    29/05    04/05    10/05

My Data     |     My GPII Preferences (3)

## My Notes

### Monday - June 10th

**How do I feel right now?**

**What did I want to achieve today?**

I have a goal due today:"Apply for a machine operator position" created on my May 17th note.

### Previous Notes

- June 4th, 2016
- May 29th, 2016
- May 25th, 2016
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

## My Timeline    My Calendar    My Goals

Today

17/05     25/05    29/05   04/05   10/06                    21/06

All     Left to do     Completed

## My Data

Add Comments

Progress Rate

Navigation Timing

Typing Speed

GPII

27/04          01/05          17/05

Today

Around 12:30, you typed 50 words per minute (20% faster than the last time). You were feeling energized. This is the fastest you have typed so far.

Hello Jamie!
Welcome to MyL3

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Monday - June 10th

**How do I feel right now?**

**What did I want to achieve today?**

I have a goal due today:"Apply for a machine operator position" created on my May 17th note.

### Previous Notes

- June 4th, 2016
- May 29th, 2016
- May 25th, 2016
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016

## My Timeline    My Calendar    My Goals

Today

17/05    25/05    29/05    04/05    10/06    21/06

All    Left to do    Completed

## My Data

Add Comments

Progress Rate

Navigation Timing

Typing Speed

GPII    GPII

Today

27/04    01/05    17/05    25/0

- Enabled self-voicing.
- Reset contrast back to its original state.
- You were feeling tired.

Hello Jamie!
Welcome to MyL3

My Data    |    My GPII Preferences (3)

Info

Yes

No

Note

Goal

To Do

## My Notes

### Monday - June 10th

**How do I feel right now?**

**What did I want to achieve today?**

I have a goal due today:"Apply for a machine operator position"
created on my May 17th note.

### Previous Notes

- June 4th, 2016
- May 29th, 2016
- May 25th, 2016
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016

## My Timeline    My Calendar    My Goals

Today

17/05    25/05    29/05    04/05    10/06    21/06

| All | Left to do | Completed |

## My Data

Add Comments

Progress
Rate

Navigation
Timing

Typing
Speed

GPII          GPII    GPII                          Today

27/04    01/05    17/05    25/05    29/05    04/05    10/05

Hello Jamie!
Welcome to MyL3

My Data   |   My GPII Preferences (3)

**Info**

**Yes**

**No**

**Note**

**Goal**

**To Do**

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Today

17/05   25/05   29/05   04/05   10/06   21/06

| All | Left to do | Completed |

## My Data

Progress Rate

Balck on yellow contrast really helps me see everything better on the screen and ...

Add Comments

Navigation Timing

Typing Speed

Today

GPII   GPII   GPII

27/04   01/05   17/05   25/05   29/05   04/05   10/05

Hello Jamie!
Welcome to MyL3

Account    Sign out

Info

Yes

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Today

GPII    GPII    GPII

27/04    01/05    17/05    25/05    29/05    04/05    10/05