OR - User could start with suggestions or by choosing automatically-generated data, like the weather, then add personal data on top (custom)

Self-reflection Building Blocks

Weather – Humidity

Your available data:

Activity Tracker

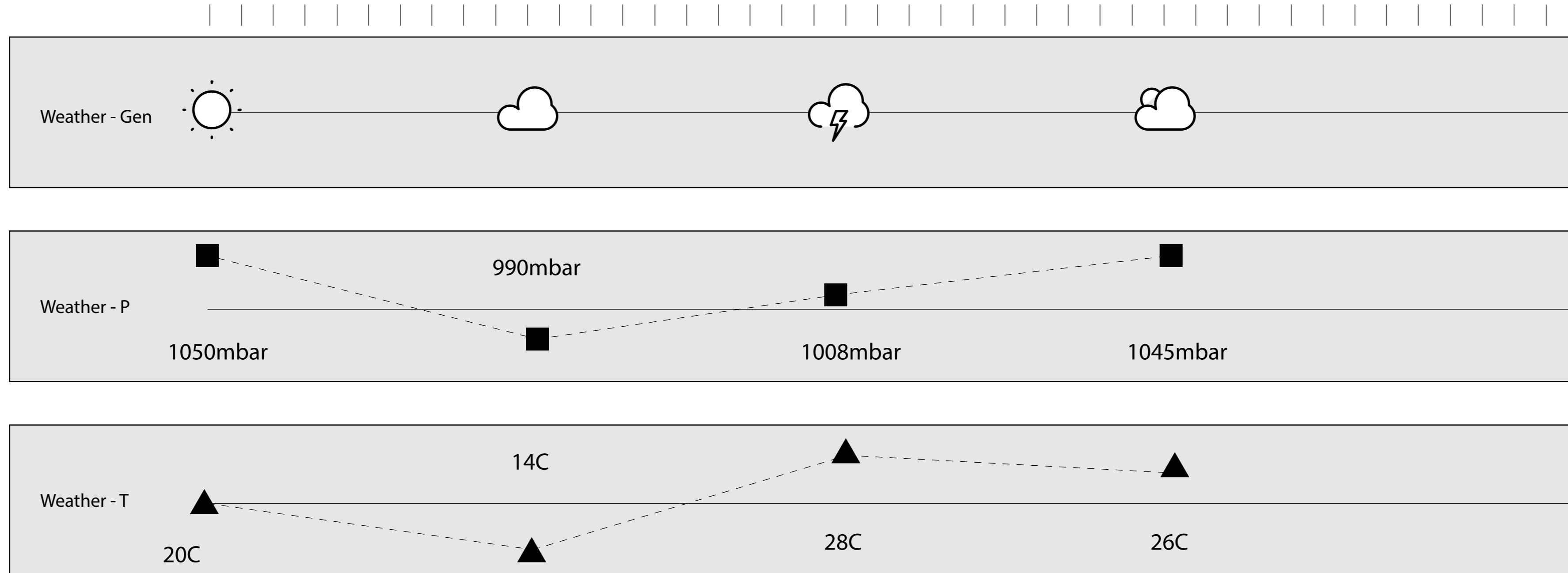Meal Tracker

+ add new

add Custom

Preferences:

Text Size

Contrast

Things to Consider:

What am I learning?

What do I want to learn?

What are my goals?

How can I get there?

Self-reflection Playground

Drag or use arrow keys to move items into or out of self-reflection area

Weather - Gen

Weather - P

990mbar

1050mbar   1008mbar   1045mbar

Weather - T

14C

20C   28C   26C

Plot the preference values individually

Filters/Contexts

Time frame (short/med/long)

Location

Time of Day

Subject

Task

Analysis

Correlations

Compounding effects

Trends

Predictions

Self-reflection Building Blocks

Weather – Humidity

auto

Your available data:

Activity Tracker

Meal Tracker

+ add new

Ⓒ Time spent with GPII

auto
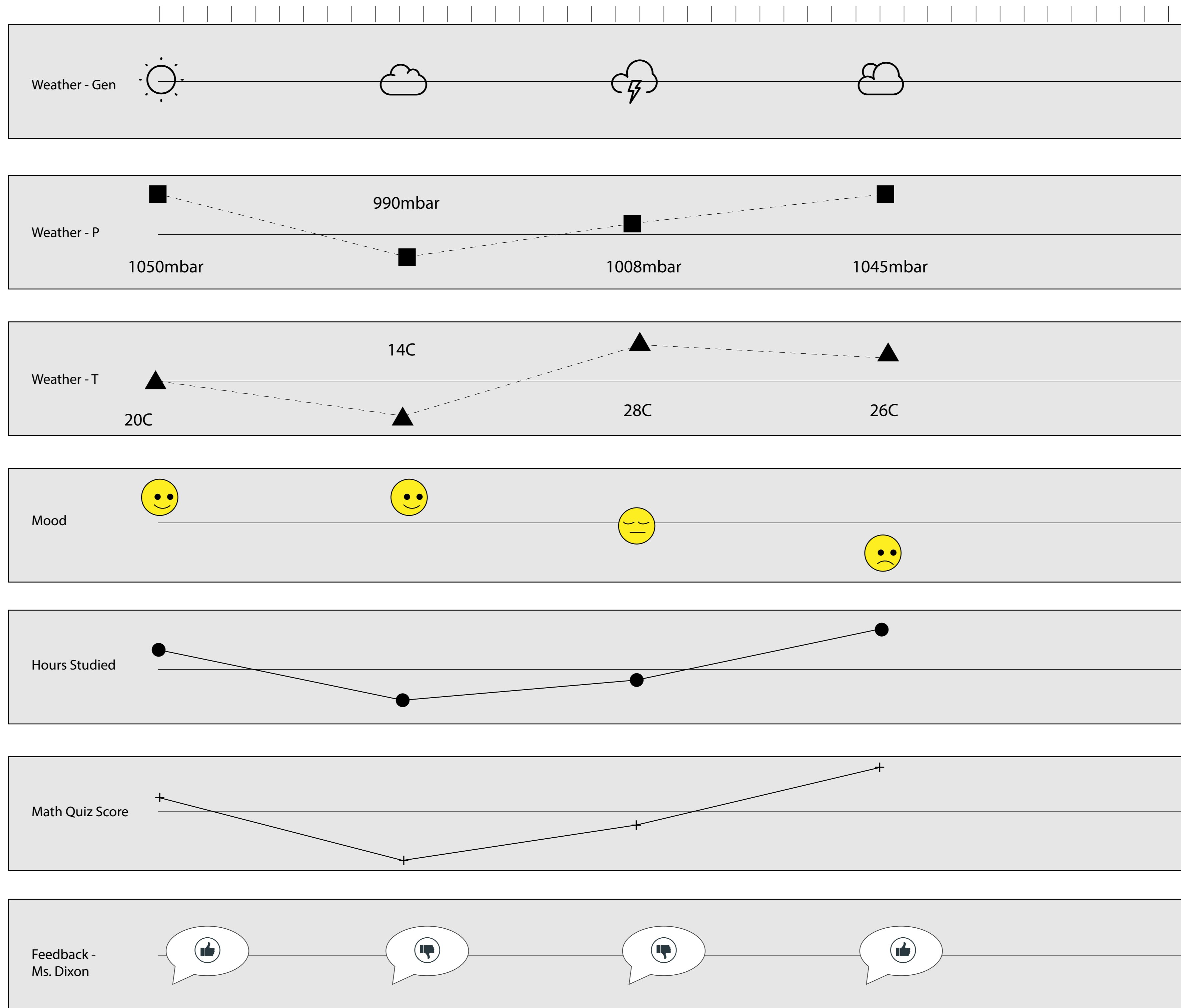
Ⓒ How much exercise did I get yesterday?

Ⓒ Typing Speed

auto

Ⓒ Feedback - Sam

add Custom

Self-reflection Playground

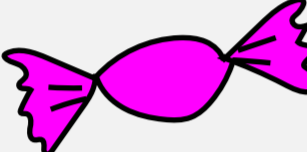Drag or use arrow keys to move items into or out of self-reflection area

Weather - Gen

Weather - P

990mbar

1050mbar   1008mbar   1045mbar

Weather - T

14C

20C   28C   26C

Mood

Hours Studied

Math Quiz Score

Feedback -
Ms. Dixon

• custom "touch-notes" for one-touch/click tracking
• could also prompt secondary, optional questions (turn prompt feature on/off) to collect details - how many cups of coffee? how many grams of sugar? and allow adding journal notes e.g. reflections on cause and effect, etc

learner can choose from the following, to populate their journal/"toolbar")

create your own cutom note e.g. want to track dizzyness, or ear ringing, or ?

Experiences

Good Idea!	Focussed	Headache	+ add

Custom

draw

choose from image/sound bank

Food

Coffee	Sugar	Healthy Meal	+ add
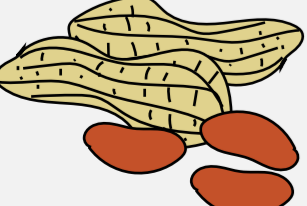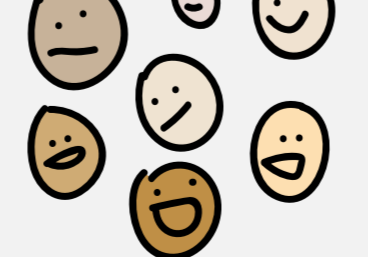
Feelings

Tired	Foggy	Sad	+ add
Happy	Angry	Sick	

Prompts

Sleep
How many hours?
Time to bed?
Disrupted?

Studying
Subject?
How many hours?

Diet

Other

Cigarette	Meditate	Exercise
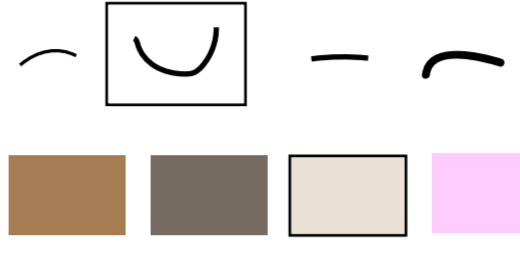
Possible Irritants

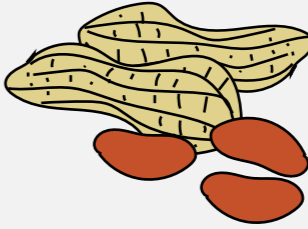| Peanuts	Wheat	Fragrance	Corn	Social Time	Dairy	Noise

corresponding ear cons? word plus sound?

Custom Interface/Touch Notes Collection
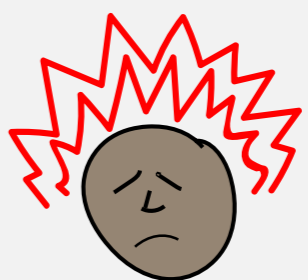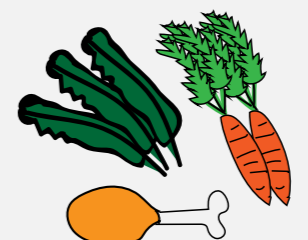
	Sugar	Coffee
+ add	🍬	☕

Healthy Meal	Ears Ringing	Good Idea!
🥬🥕	👂🔔👂	💡

Tired	Foggy	Happy
😔	☁️😔	🙂

Angry	Sleep	Meditate
😠	😴 zᶻ	🧘

Can I concentrate more when I exercise?

Focussed
🎯

What is causing my headaches?

Headache
😣

Weather
⛈️

Diet
🥬🥕🍗

Peanuts
🥜

Noise
🙉

Fragrance
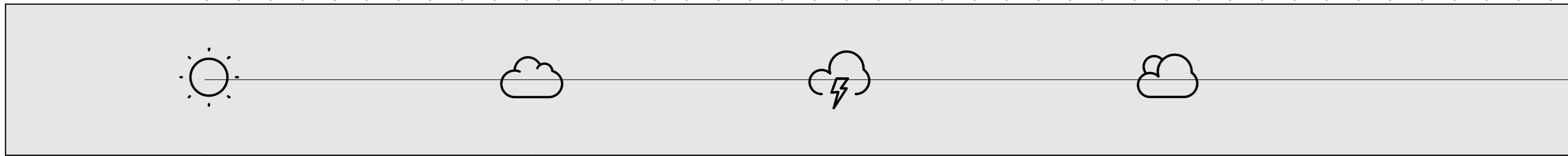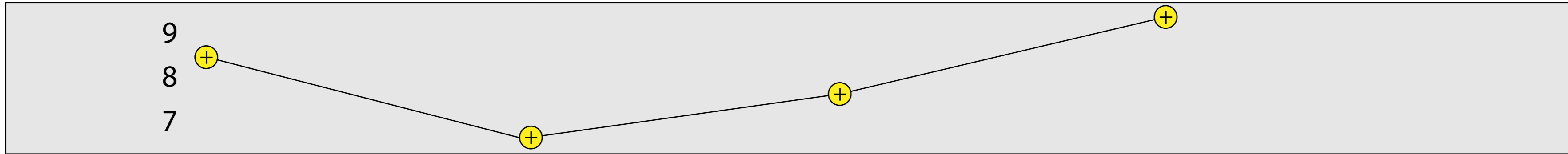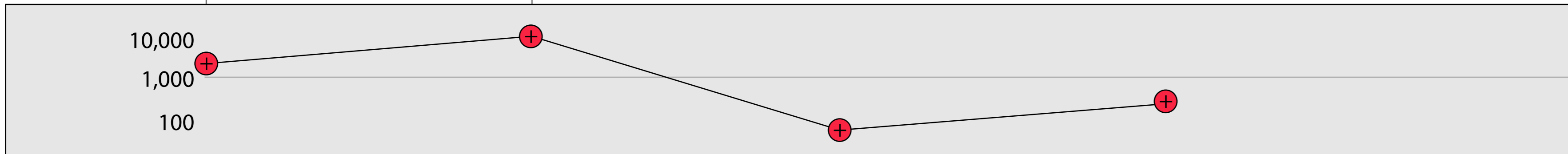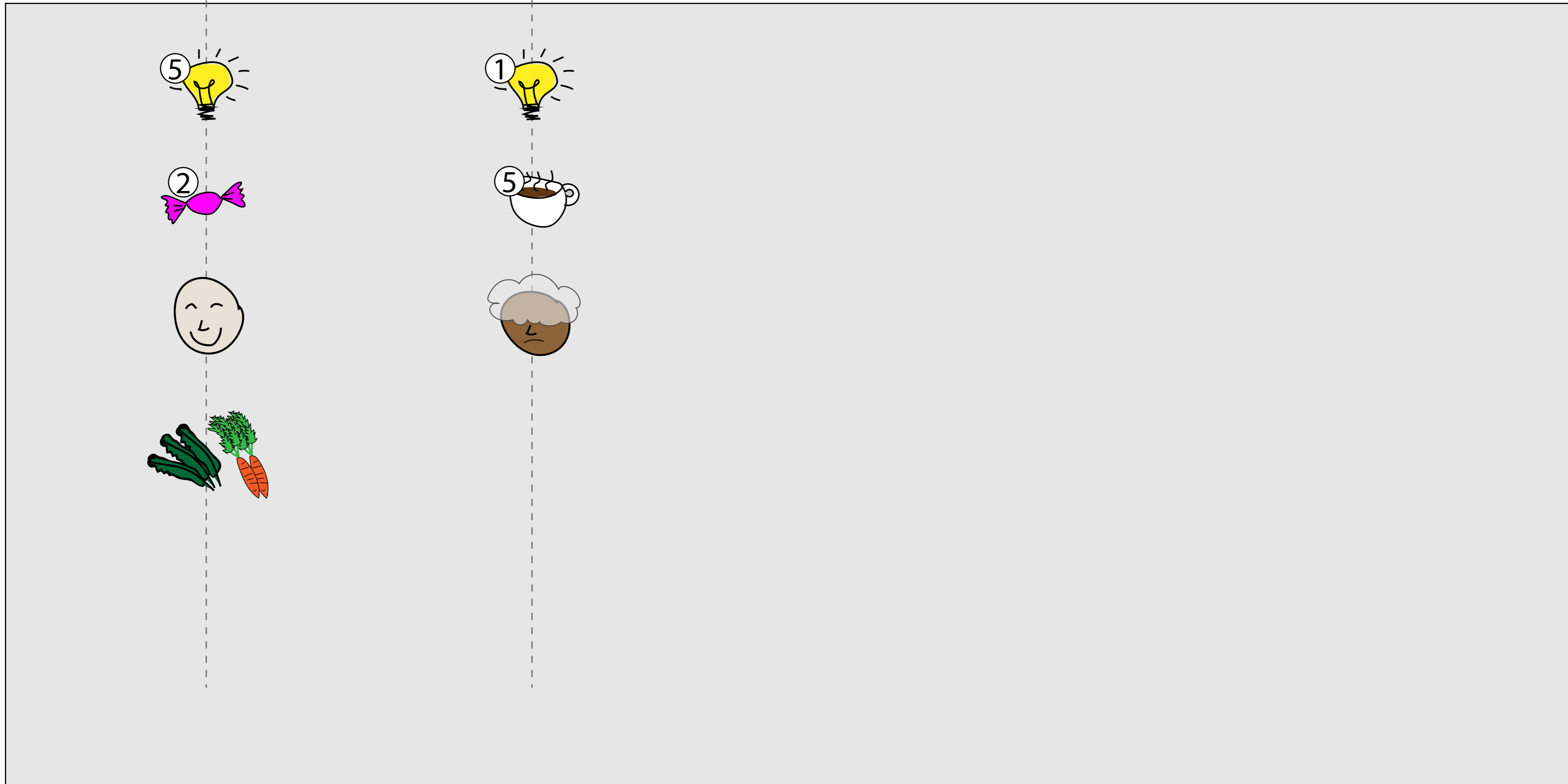N°5

M   T   W   Th

Weather - Gen

Sleep (h)
9
8
7

Steps/day
10,000
1,000
100

Touch Notes
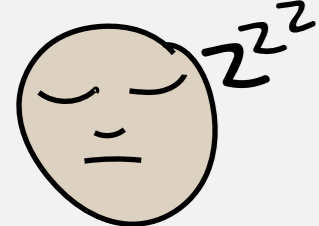
Cause vs Effect?

expand time scale

5   1

2   5

Prompts - turn on/off

Sleep
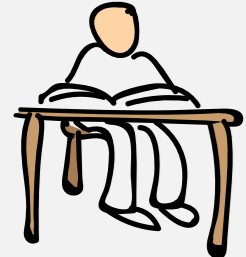
Time to bed? 10:45

How many hours? |

Woke up feeling [refreshed] [tired]

Disrupted? [Y] [N]

[add notes]

[save]

Studying

Subject? Math

How many hours? |

[save]

Diet

Vegetables	Select ▾	Nuts/Seeds	Select ▾
Fruit	Select ▾	Beans	Select ▾
Meat	Select ▾	Desert	Select ▾
Dairy	Select ▾	Alcohol	Select ▾
Grains	Select ▾	Beverage	Select ▾

calculates protein?
calculates fat?

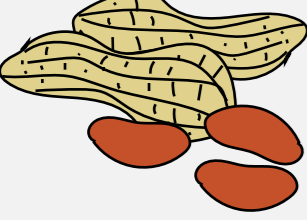[save]

Today

Sleep

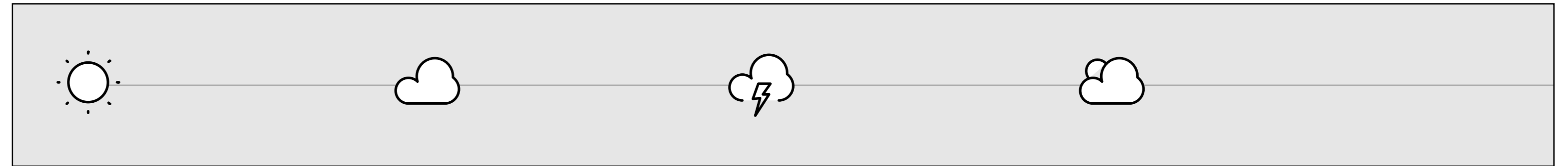| Day | Week | Month | Year |
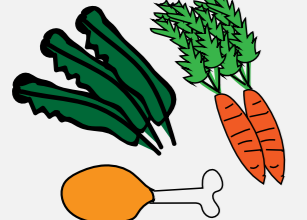
What is causing my headaches?

Diet

Peanuts

Noise

Fragrance

Query: What is Causing my Headaches?

Drag or use arrow keys to move items into or out of self-reflection area
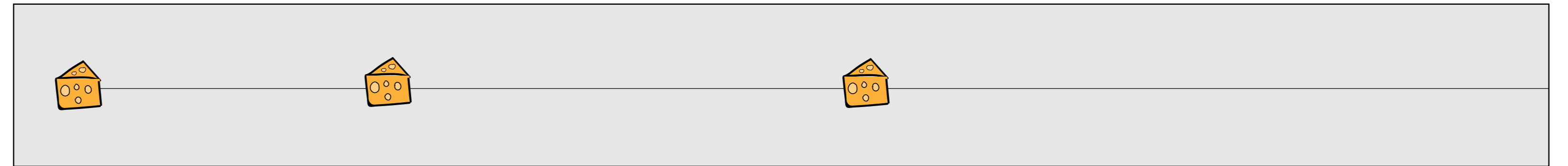
Weather

Coffee

Dairy

Headache

What would happen with diet (i.e. a prompt with mutiple data inputs) - show all on one track? separate into different tracks? allow user to select inputs
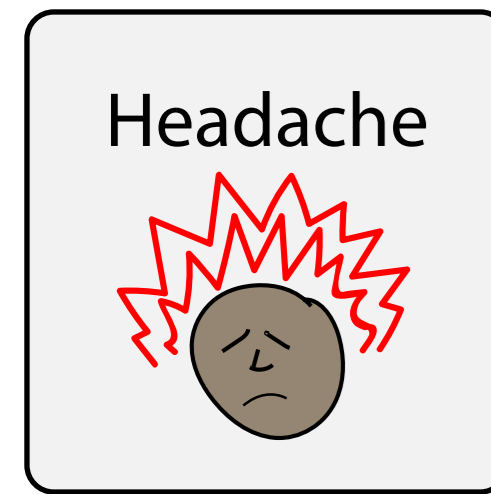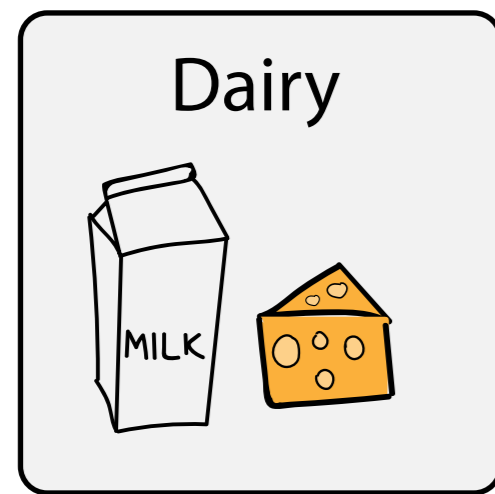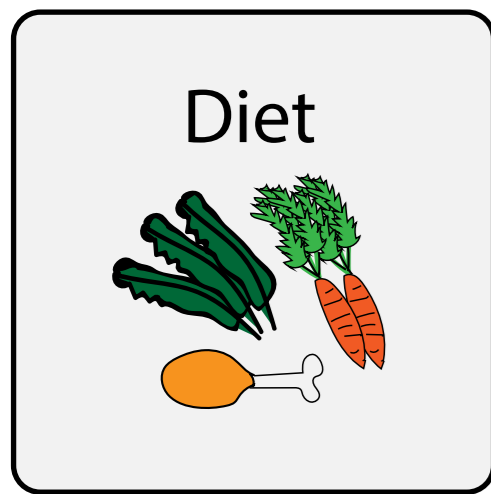
Self-reflection Building Blocks

Weather – Humidity

Your available data:
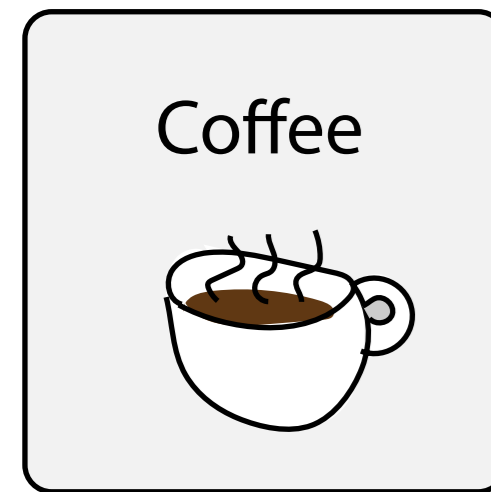
Activity Tracker

Meal Tracker

+ add new

Diet

Dairy

MILK

Headache

select touch-note - data appears in a track
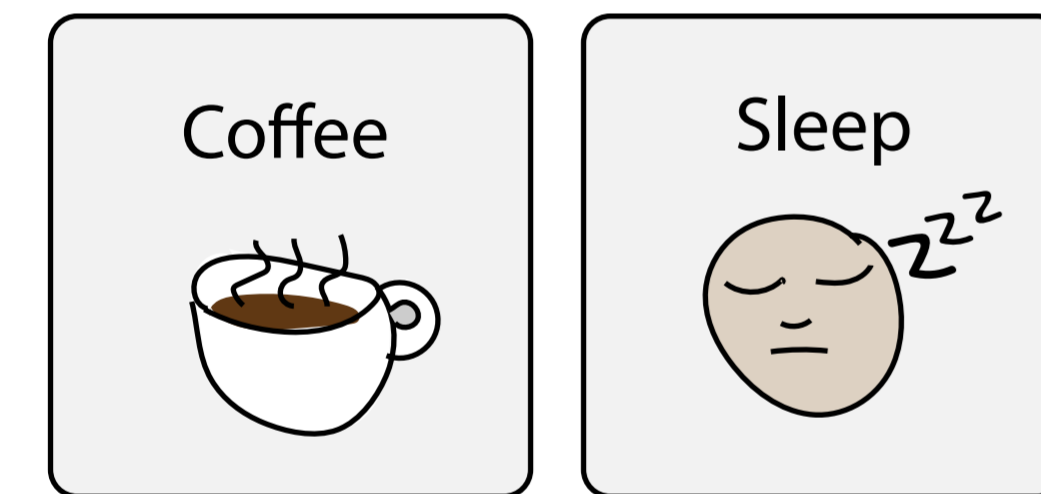
Coffee

Self-reflection Playground

Drag or use arrow keys to move items into or out of self-reflection area

Weather

Studying

math hours

Headache

Test Score
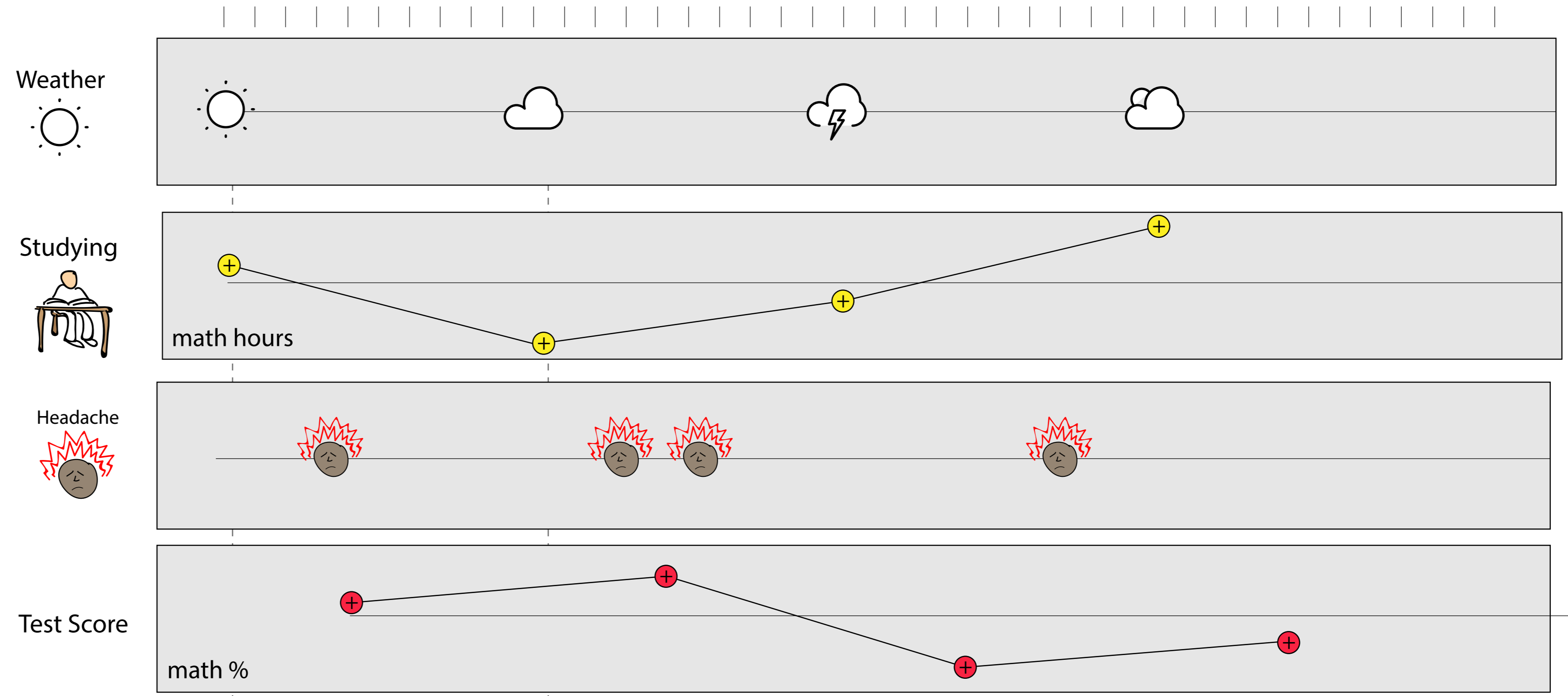
math %

Save e.g. as "math progress"

When do I feel most clear-headed and focused?

Focussed	Meditate
Good Idea!	Weather
Diet	Exercise
Coffee	Sleep
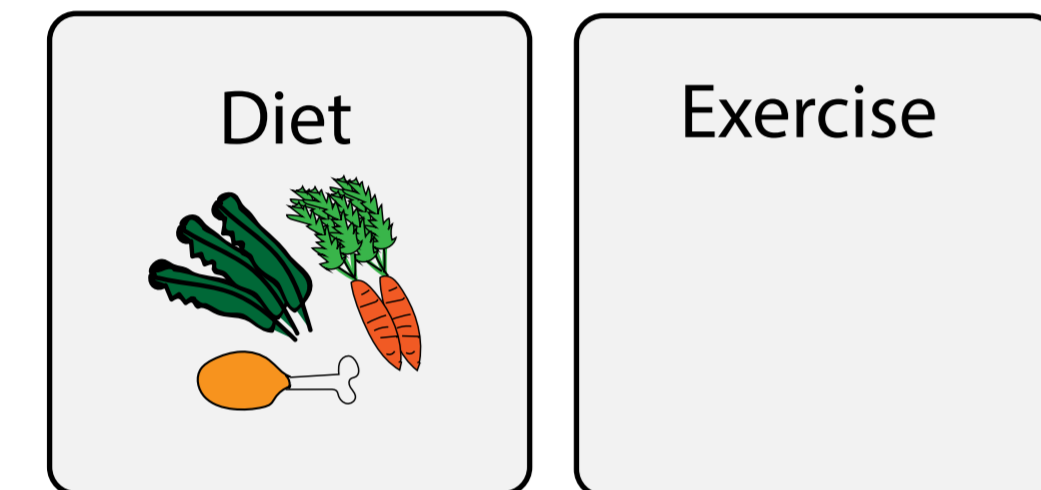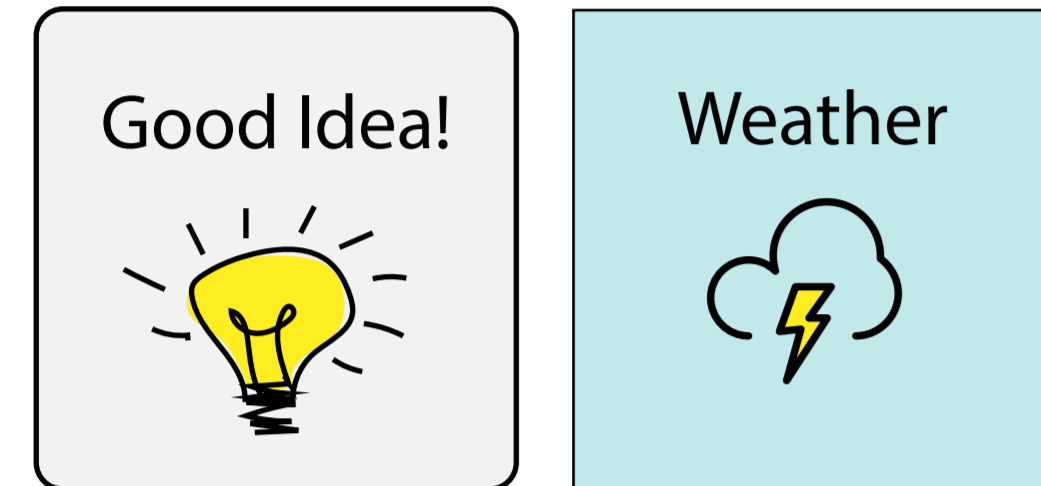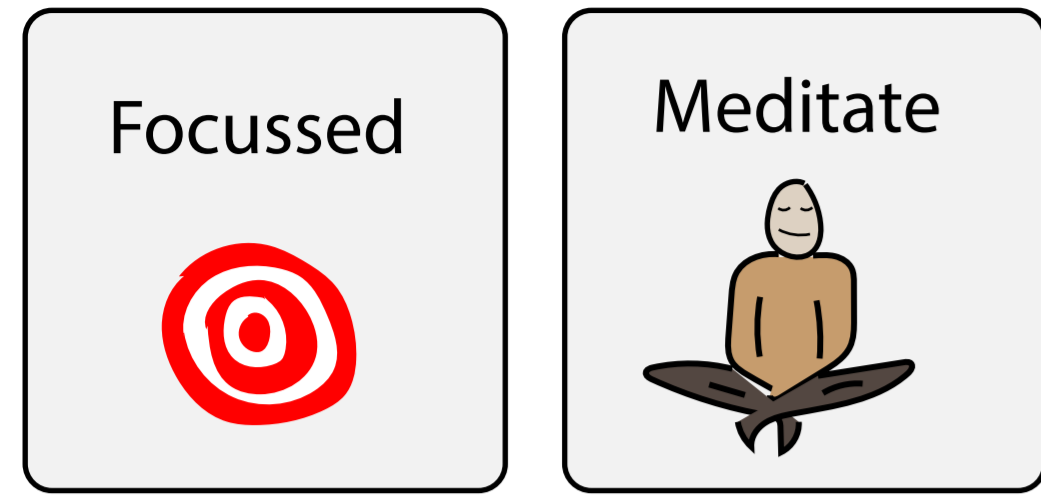
Suggestions - based on what others have collected? related to key words?

GOALS / QUERIES / COLLECTIONS

QUERIES / MEASURES

Goals

Suggested Queries - General vs. Specific

Suggested Collections

Goal: to find out how long I can work with focus

Learn French

Query: Focus

Suggested Queries

Start Task

Suggested Collections

Feeeling focused

Feeling unfocused

Exercise: yes/no

Focus: good/mod/poor

End Task

Mood

Sleep: how much?

Test Scores

Focus duration   Study hours

Mood

Good Ideas frequency