Hello Jamie!
Welcome to MyL3

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

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

My Data
Hello Jamie!
Welcome to MyL3

My Data

My Current GPII Preferences

- CONTRAST
  - Adjusted Contrast to Black on White
  - Display changes to this preference on My Data Panel
    - Last changed in May 1st.

- TEXT SIZE
  - Adjusted text size to 26 points
  - Display changes to this preference on My Data Panel
    - Last changed in May 17th.

My Notes

Tuesday - May 25th

How do I feel right now?

What did I want to achieve today?

My Timeline

Go to GPII Preferences
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

Made a note
- Changed GPII Preferences: Text Size
- Added a goal: Meet with a job advisor
Hello Jamie!
Welcome to MyL3

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
Hello Jamie!
Welcome to MyL3

My Current GPII Preferences

- CONTRAST
  Adjusted Contrast to Black on White
  ✔ Display changes to this preference on My Data Panel
  Last changed in May 1st.

- TEXT SIZE
  Adjusted text size to 26 points
  ✔ Display changes to this preference on My Data Panel
  Last changed in May 17th.

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 Timeline

My Data

Progress Rate

01/05 17/05

Go to GPII Preferences
1. Logging into GPII
2. Enabling the Slef-Voicing
3. Going back to the MyL3
Hello Jamie!
Welcome to MyL3

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 Data

Add Comments
Hello Jamie!
Welcome to MyL3

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 25/05 29/05 10/06

My Data

Progress Rate

GPII

Add Comments
Hello Jamie!
Welcome to MyL3

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

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- Does this Self-Voicing help me?
- This new contrast helps me with my:
  - [ ] mood
  - [ ] focus
  - [ ] navigation
  - [x] 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

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

My Data

Progress Rate

Typing Speed

Add Comments
Hello Jamie!
Welcome to MyL3

My GPII Preferences (3)

My Data

My Timeline My Calendar My Goals

My Notes

Tuesday - May 25th

How do I feel right now?
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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?

Progress Rate

Navigation Timing
Typing Speed

GPII

Add Comments

Previous Notes
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016
Hello Jamie!
Welcome to MyL3

My Notes

Tuesday - May 25th

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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

My Data

Add Comments
Hello Jamie!
Welcome to MyL3

Tuesday - May 25th

How do I feel right now?
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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 Data

Progress Rate

Add Comments

Enabled Self-Voicing

Previous Notes

- May 17th, 2016
- May 1st, 2016
- April 27th, 2016
Hello Jamie!
Welcome to MyL3

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

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

My Data

Progress Rate

Add Comments
Hello Jamie!
Welcome to MyL3

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

Add Other Data Sources

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.

My Data
Hello Jamie!
Welcome to MyL3

My GPII Preferences (3)

My Data     | My GPII Preferences (3)

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?
- Does this new contrast help 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
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?

Progress
Rate

Navigation Timing
Typing Speed

GPII

My Data

Previous Notes
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016
Hello Jamie!
Welcome to MyL3

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?

Made a note

My Timeline  My Calendar  My Goals

Thursday - May 25

Day  Week  Month  Year

Progress Rate

GPII

Add Comments
Hello Jamie!
Welcome to MyL3

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

May 19-25 2016

SUNDAY 19
MONDAY 20
TUESDAY 21
WEDNESDAY 22
THURSDAY 23
FRIDAY 24
SATURDAY 25
Made a note

My Data

Progress Rate

- Navigation Timing
- Typing Speed

GPII
01/05 17/05 25/05

Add Comments
Hello Jamie!
Welcome to MyL3

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
Hello Jamie!
Welcome to MyL3

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:

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 GPII Preferences

- My Data
- My GPII Preferences

My Timeline

- To Do
- All
- My GPII Preferences

My Data

- My GPII Preferences
- My GPII Preferences
Hello Jamie!
Welcome to MyL3

---

**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**

- Meet a job advisor to plan the job search process.
  - Completed
- Apply for a part-time welding program.
  - Edit

---

**My Data**

- Progress Rate
- Navigation Timing
- Typing Speed

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

---

*Add Comments*
Hello Jamie!
Welcome to MyL3

My GPII Preferences (3)

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 Goals

Meet a job advisor to plan the job search process.

Apply for a part-time welding program.

You have successfully completed this goal.

Progress Rate
- Navigation Timing
- Typing Speed

GPII 01/05 17/05 25/05

May 25th, 2015

Previous Notes
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016
User has had multiple visits after May 25th
Hello Jamie!
Welcome to MyL3

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 Data

My Goals

My GPII Preferences

To Do

Progress Rate

Navigation Timing

Typing Speed

Add Comments
Hello Jamie!
Welcome to MyL3

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 Data

Progress Rate

Navigation Timing

Typing Speed

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 Notes

Monday - June 10th

How do I feel right now?

What did I want to achieve today?

Previous Notes

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

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

My Timeline

My Calendar

My Goals

My Data

Progress Rate

Navigation Timing

Typing Speed

- Enabled self-voicing.
- Reset contrast back to its original state.
- You were feeling tired.
Hello Jamie!
Welcome to MyL3

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
Hello Jamie!
Welcome to MyL3

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.

My Timeline

My Data

Progress Rate

GPII

GPII

GPII

GPII

Add Comments

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

Previous Notes

- June 4th, 2016
- May 29th, 2016
- May 25th, 2016
- May 17th, 2016
- May 1st, 2016
- April 27th, 2016
Hello Jamie!
Welcome to MyL3

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 Data

Add Comments