

### My NOTEBOOK

TODAY is Thursday May 25th add item

Today I would like to:

#### My Data Collection

Today I feel:  or choose from:

- I spent **20 minutes** with the <GPII preference setting tool> today.
  - I adjusted the following preferences:
    - ★ Text Size (14pt)
    - ★ On-screen-keyboard (ON)

To help you collect data, you can enter a question here that you would like to ask yourself on a regular basis.

*Example: how many hours of sleep did I get last night?*

month ◀◀ week ◀ day ▶ Today ▶▶ week ▶▶▶ month

### My DATA COLLECTION



### ★ My Preferences

AA



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*Example: how many hours of sleep did I get last night?*

I want to answer this question:

- once a day
- every time I log in to MyL3
- once per week - on M T W Th Fr Sa Su
- twice per week - on M T W Th Fr Sa Su

I would like to answer this question with a:

- Numerical value (e.g. 5)
- Word description(s) (e.g. "sunny")
- Value range (e.g. choose from a scale of 1-5)
- Custom word choices (e.g. choose from bus/car/taxi)

done cancel

### My DATA COLLECTION



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AA




**C** How many hours did I spend on Facebook today? [i](#)

How many hours of sleep did I get last night?

I want to answer this question:

- once a day
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- twice per week - on M T W Th Fr Sa Su

I would like to answer this question with a:

- Numerical value (e.g. 5)
- Word description(s) (e.g. "sunny and cold")
- Value range (e.g. choose from a scale of 1-5) 
- Custom word choices (e.g. choose from bus/car/taxi)

**done** [cancel](#)

**C** What did I eat yesterday? [i](#)

Value range

Number of options (max 10) [-](#) **2** [+](#) [cancel](#)

Minimum Value **1**

Maximum Value **2**

[Preview](#) [Apply](#)

---

**Example:**  
Number of options: **3**  
Minimum Value: **5**  
Maximum Value: **15**

How many minutes did it take me to get to school today?

5  10  15

Custom word choices

Number of options (max 5) [-](#) **3** [+](#) [cancel](#)

Enter Word Choice 1

Enter Word Choice 2

Enter Word Choice 3

[Preview](#) [Apply](#)

---

**Example:**  
Number of options: **4**  
Word Choice 1: **bus**  
Word Choice 2: **car**  
Word Choice 3: **walk**  
Word Choice 4: **bike**

How did I get to school today?

- bus
- car
- walk
- bike

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### My Data Collection [+ add a question](#) [? edit questions](#)

How many hours did I spend on Facebook today?

### My Data Collection [+ add a question](#) [? edit questions](#)

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How many hours did I spend on Facebook today?

Entered 16-12-3