

**User diary template**

**Module 9 – Self learning Session (9.3.)**Health Apps for the Elderly



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| **BASIC INFORMATION** | | |
| User name of participant: | * *Answer* | |
| Age of participant: | * *Answer* | |
| Name of selected App for the Real-Life-Integration-Challenge: | * *Answer* | |
| **REFLECTION AND SMART GOAL SETTING** | | |
| Please Answer before using the app! | Please type your answers to the questions using bullet points! | |
| 1. What area of healthy ageing is my App targeting? | * *Answer* |  |
| 1. Why is this relevant to my life? | * *Answer* |
| 1. What benefits to I want experience using this app? | * *Answer* |
| 1. How could I measure my progress? | * *Answer* |
| 1. What are potential barriers to usage and experiencing benefits? | * *Answer* |
| 1. What are potential facilitators to usage and experiencing benefits? | * *Answer* |
| 1. When do I want to use the App and when do I want to fill out the diary during the next week? | * *Answer* |
| **7 DAY REAL-LIFE-INTEGRATION CHALLENGE – DIARY FOR USER EXPERIENCES** | | |
| # DAY | Please write down your experiences in bullet point format for each day! Think about your reflection and SMART-goals (see above) when doing so! Use the following structure: 1) Experiences; 2) Challenges and benefis; 3) Free comments. | |
| DAY 1 | 1) Experiences | * *Answer* |
| 2) Challenges and benefis | * *Answer* |
| 3) Free comments | * *Answer* |
|  | | |
| DAY 2 | 1) Experiences | * *Answer* |
| 2) Challenges and benefis | * *Answer* |
| 3) Free comments | * *Answer* |
|  | | |
| DAY 3 | 1) Experiences | * *Answer* |
|  | 2) Challenges and benefis | * *Answer* |
|  | 3) Free comments | * *Answer* |
|  | | |
| DAY 4 | 1) Experiences | * *Answer* |
| 2) Challenges and benefis | * *Answer* |
| 3) Free comments | * *Answer* |
|  | | |
| DAY 5 | 1) Experiences | * *Answer* |
| 2) Challenges and benefis | * *Answer* |
| 3) Free comments | * *Answer* |
|  | | |
| DAY 6 | 1) Experiences | * *Answer* |
| 2) Challenges and benefis | * *Answer* |
| 3) Free comments | * *Answer* |
|  | | |
| DAY 7 | 1) Experiences | * *Answer* |
|  | 2) Challenges and benefis | * *Answer* |
|  | 3) Free comments | * *Answer* |