MIG-HEALTH APPS
Mobile Health Apps for Migrants

User diary template

Module 9 – Self learning Session (9.3.)

Health Apps for the Elderly

Declaration on Copyright:

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*
2. Why is this relevant to my life?	• *Answer*
3. What benefits to I want experience using this app?	• *Answer*

4. How could I measure my progress?	• *Answer*
5. What are potential barriers to usage and experiencing benefits?	• *Answer*
6. What are potential facilitators to usage and experiencing benefits?	• *Answer*
7. 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*