

### Usability Testing Script

1. Recently, you have been feeling a bit stressed and need a distraction. Login to your account and view your badge progress for the app's daily challenges.
2. You've had a hard time focusing on things and developed a schedule so that your daily tasks are more manageable. View your routine for the day and activate all notifications.
3. You were invited to attend an outdoor event with a friend, but you forget where you were supposed to meet them. However, you remembered that you created a reminder. Use the reference to find out where the event is taking place.
4. Your friend informs you that the event you attended together occurs weekly and asks you to become a regular. You agree. Create a reminder for a weekly event on Saturdays at 9 AM.
5. Due to a misunderstanding, you get into a fight with a coworker and become very distraught. Find a way to manage your negative emotions.
6. While driving to work, you often think about your job and use that time to reflect on the activities that stress you out. You always arrive a few minutes early so you can write down what you thought about. Find your notes from this morning's commute.
7. You want to look back at some of the notes you made in your journal last year. Today is March 21<sup>st</sup>, 2025 but you want to view what you wrote on October 1<sup>st</sup>, 2024. Find your notes from the previous date.
8. You decide that you need to take better care of your mental health and try to manage some of the negative experiences you face on a daily basis. Complete a symptom questionnaire and view your weekly trends.
9. While browsing the trends from your recent symptoms, you get confused on how to delete an entry. Locate additional information for help within the app.
10. You log into the app after a long period of inactivity and decide you want to restart your self-care journey with more recent information. Reset the app to begin anew.