Back to dashboard	Back to dashboard	Back to dashboard
Motivation image 👍	Motivation image 👍	Motivation image 👍
Step 3	Step 3	Step 3
Step 2	Step 2	Step 2
Step 1	Step 1	Step 1
Task 1	Task 2	Task 3

Choose task from dashboard, eg

breakfast	shopping	meeting

Start here

Tasks and steps can be in words, symbols, images, audio or video, eg

Breakfast

You can move from one step to the next by touching the screen once a step is completed