

My Food & Mood Program Screenshots

My Food & Mood Desktop Programs Login Screen

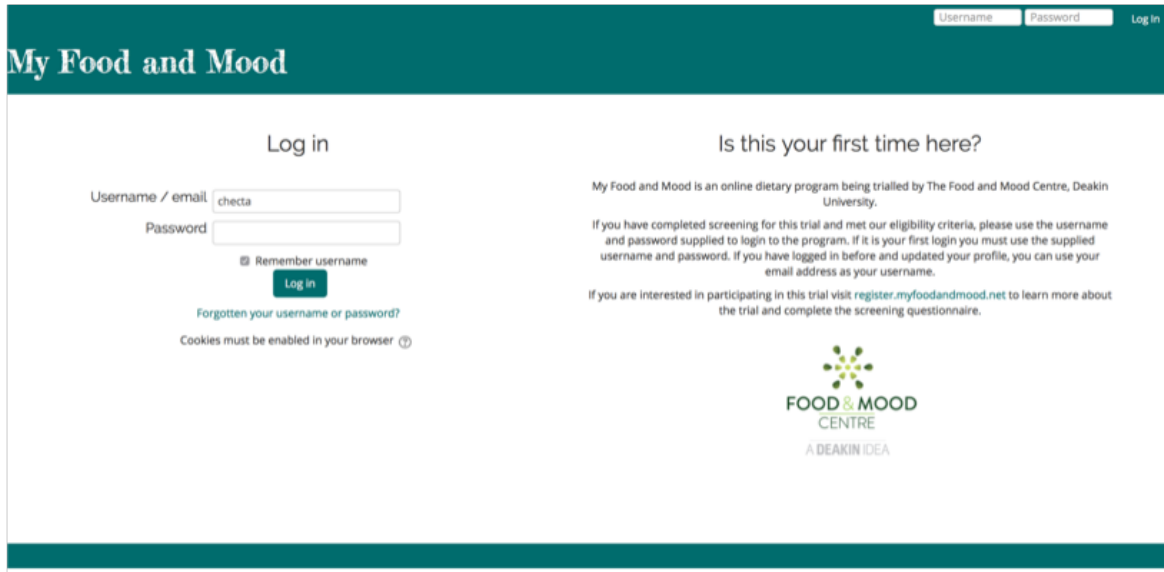


Figure 1: My Food and Mood Program desktop programs login screen

Version 1

Desktop Program

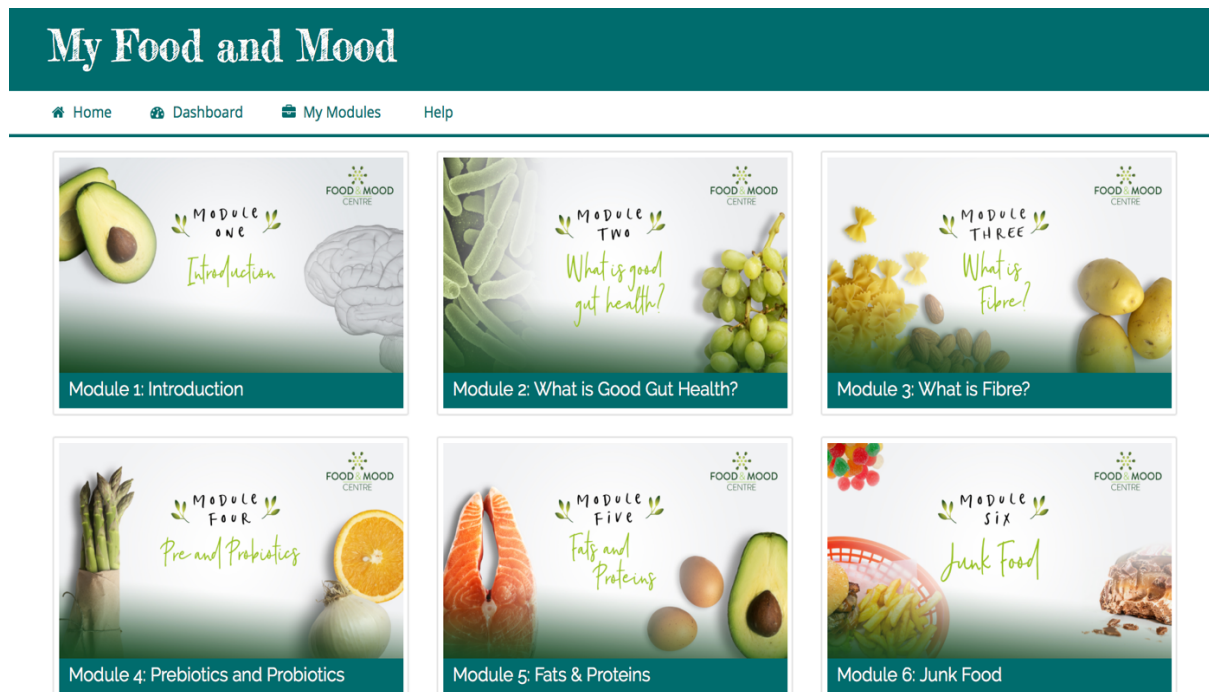


Figure 2: Screenshot of the My Food and Mood Program v1.0 Desktop program showing the program home page and 6 modules

Module 3: What is Fibre?

Home Dashboard My Modules Help

Modules > Module 3: What is Fibre?

In this Module

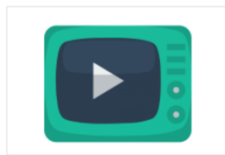


Learn about

- The different types of fibre
- Why fibre is important for gut health
- What foods contain the fibre we need
- How to make sure you are getting enough fibre

Do

- Test your knowledge
- Earn points and badges by completing all the activities
- Set goals for the week
- Keep using the My Food and Mood App to monitor your food and mood



a



b



c



d



e



f



g



h



i

Figure 3: Screenshot from the My Food and Mood Program Version 1, showing the Module 3 home page and standard module layout with icons indicating the module activities (a) Watch the Video (b) Key Messages (c) Game (d) Reading (e) Progress (review your food & mood graph) (f) Recipes (g) Shopping list template (h) Goals (i) Module feedback

User Dashboard

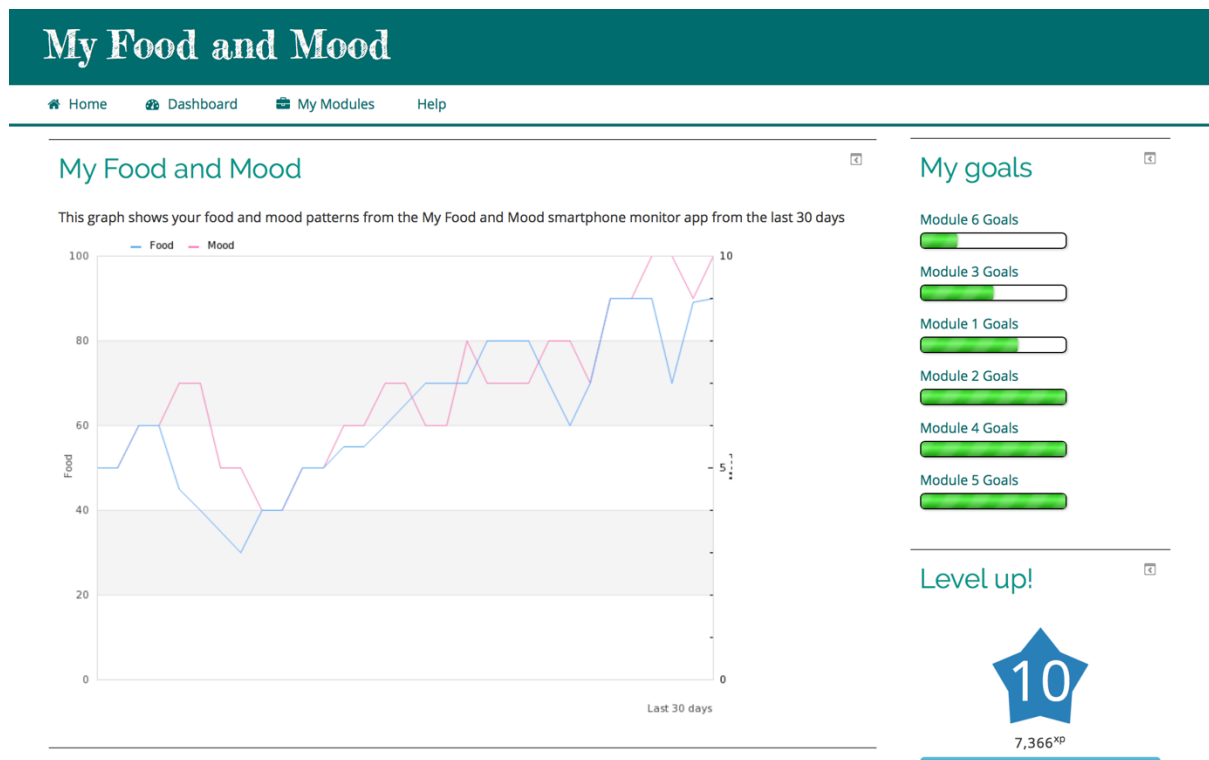


Figure 4: Screenshot of the My Food and Mood Program v1.0 Desktop program showing the program home page and 6 modules

Smartphone Monitoring Application

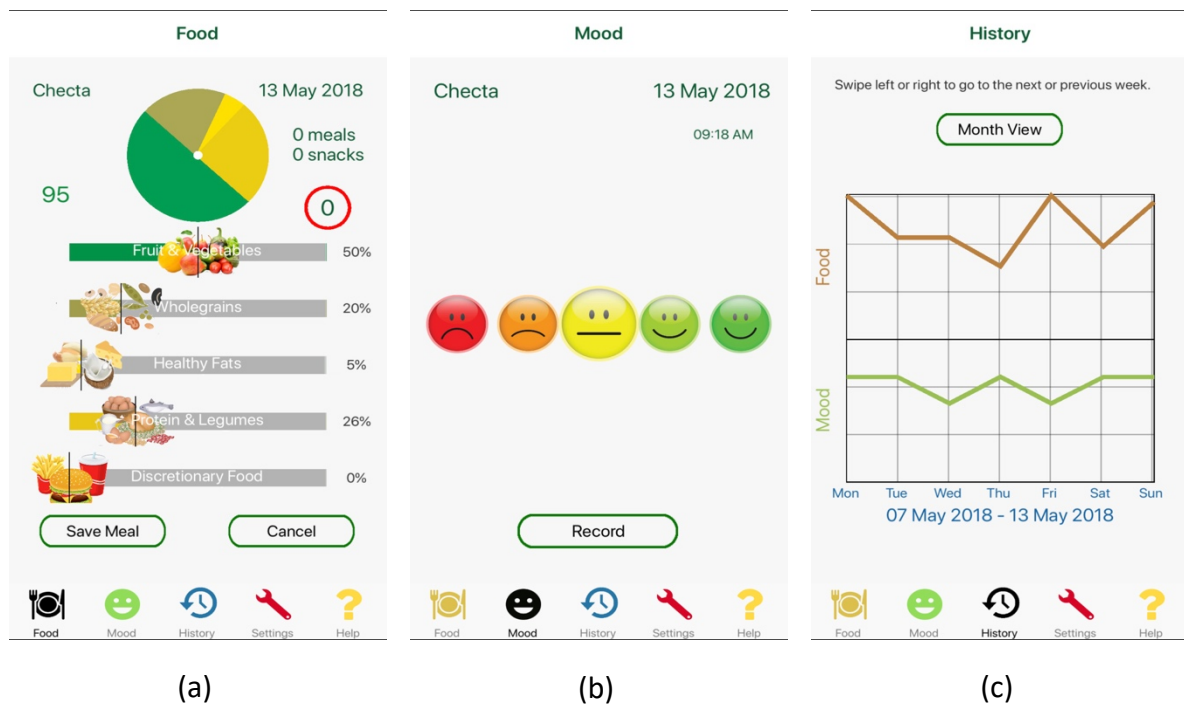


Figure 5: Screenshot of the My Food and Mood Program v1.0 Smartphone Monitoring application, showing the (a) Food data entry screen, (b) Mood data entry screen and (c) Food & Mood graph

Version 2

Desktop Programs

User Dashboard

The screenshot displays the 'My Food and Mood' user dashboard. At the top, a dark teal header contains the program name and a navigation menu with 'Home', 'Dashboard', 'My Modules', and 'Help'. Below the header, the dashboard is divided into several sections:

- Completion Progress:** A progress bar shows 6% completion. A task 'Watch the video' is marked as 'Not completed' with a red 'X' icon.
- Latest badges:** A badge for 'The Broccoli' is displayed.
- News and Articles from the My Food & Mood team:** A recent article from '19 Aug, 16:35' by 'The My Food and Mood Team' is titled 'Q&A with Micheal Moseley in The Australian Older topics ...'.
- Level up!:** A blue star icon with the number '1' indicates the user's level. A progress bar shows '15XP' earned and '105XP to go'. A message states: 'By completing more activities in each module you can earn points and level up!'. Below this, a 'RECENT REWARDS' table lists three 'Course module viewed' activities, each earning 1XP, with completion times of 1m, 3m, and 3m, dated May 28.
- My goals:** A 'SMART Goal #1' is shown with a green progress bar. A button labeled 'Set a SMART Goal' is visible.

Figure 6: Screenshot of the My Food and Mood Program v1.0 Desktop program showing the program home page and 6 modules

My Modules Page

The screenshot displays the 'My Modules' page. At the top, a dark teal header contains the program name and a navigation menu with 'Home', 'Dashboard', 'My Modules', and 'Help'. Below the header, the main content area features a large image of various fresh ingredients including vegetables, fruits, and fish. Below the image, the text 'Mediterranean Diet Intervention' is displayed.

Figure 7: Screenshot of the My Food and Mood Program v1.0 Desktop program showing the program home page and 6 modules

Version 2.1

Program Page

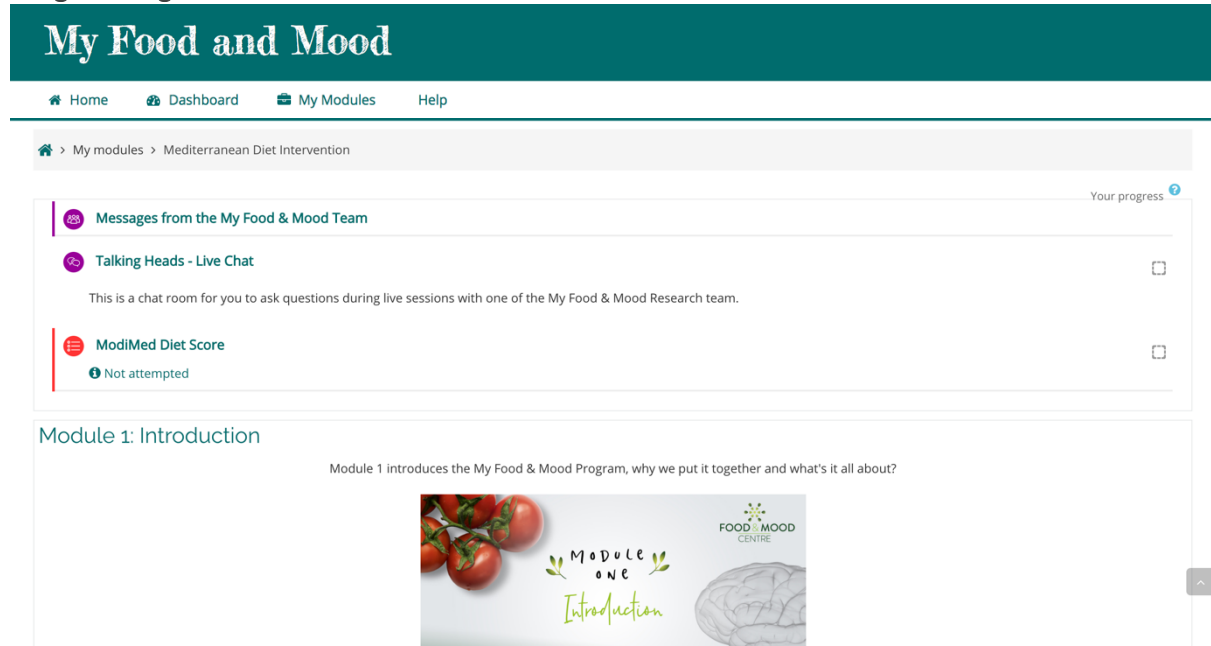


Figure 8: Screenshot of the My Food and Mood Program v2.1 Desktop program showing the program landing page with links to (a) Messages from the research team, (c) Live chat (b) diet tracking tool, and (d) Module 1

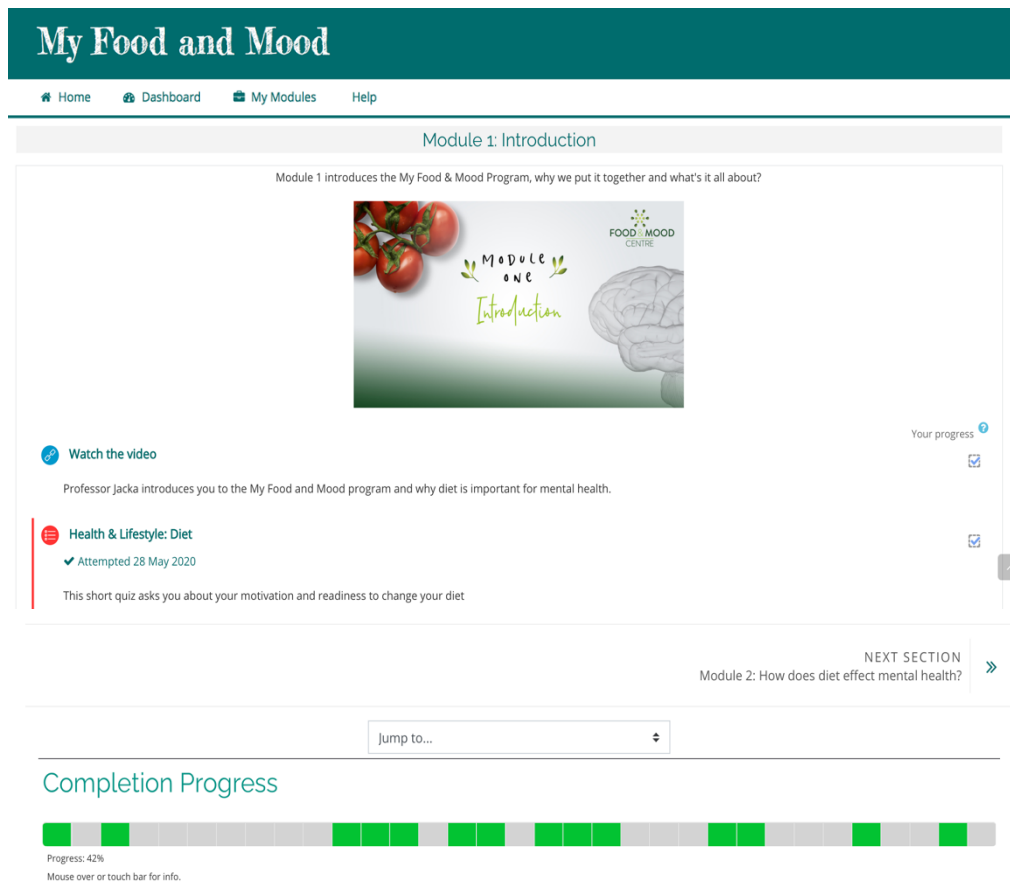


Figure 9: Screenshot of the My Food and Mood Program v2.1 Desktop program showing an example of a module page from Module 1 with activities and progress indicators

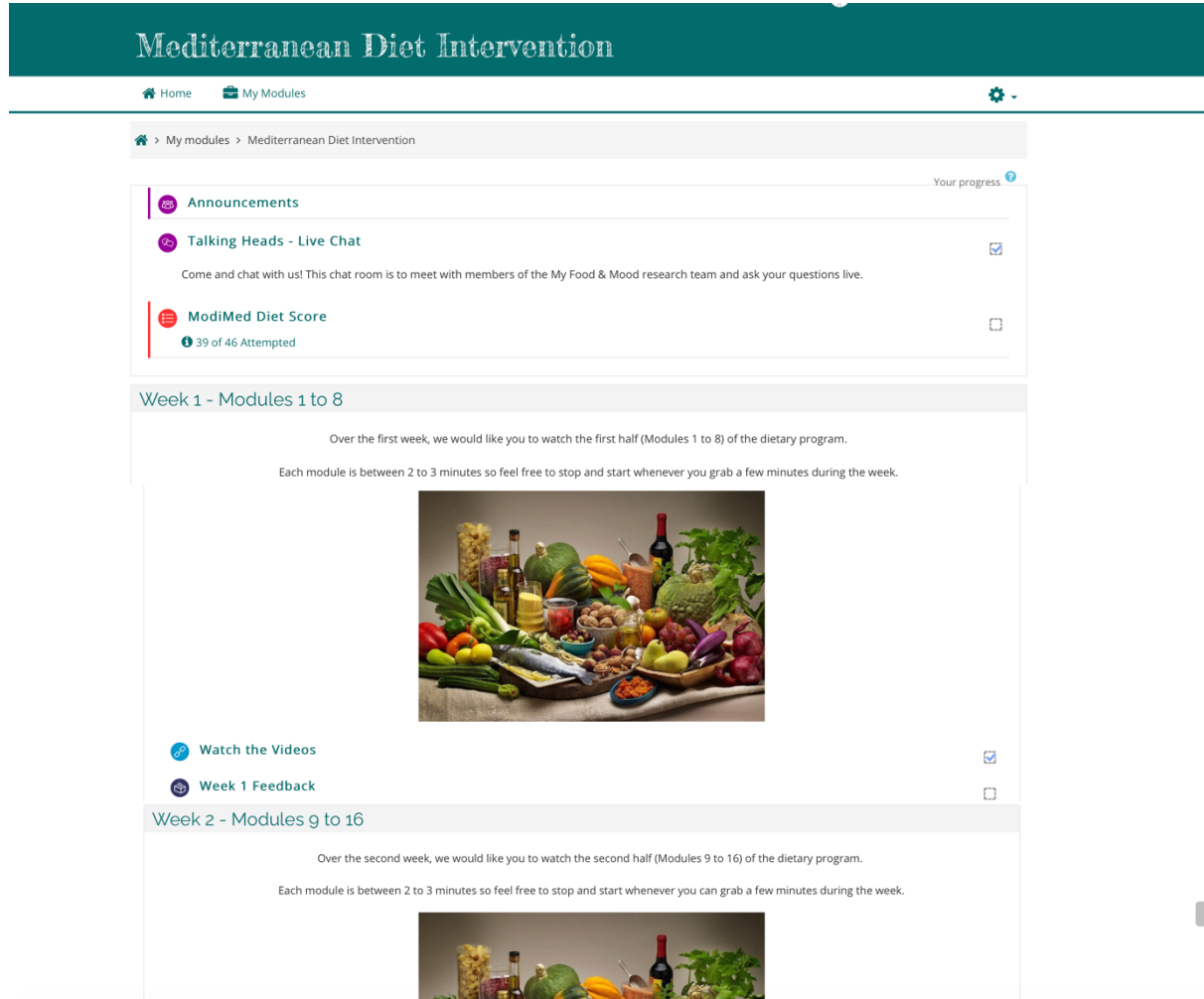


Figure 10: Screenshot of the My Food and Mood Program v2.2 Desktop program showing the example of a module page from Module 1

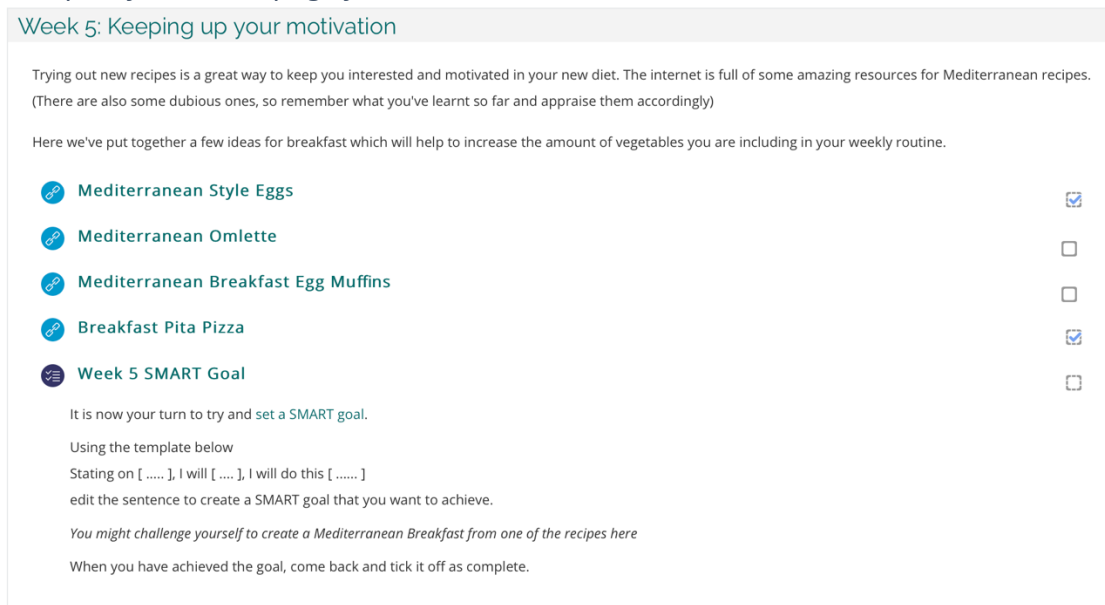


Figure 11: Screenshot of the My Food and Mood Program v2.2 Desktop program showing an example of one of Week 5 activities

Version 3



Figure 12: My Food & Mood. Program Version 3.0 Screenshots