

Trainer Assessment

Observed Skill	I (Achieved Independently)	S (Achieved with Support)	N (Not Achieved)
Participant states that he/she controls the App (that the App is a tool).			
Participant can name one physical sign of an emotion (e.g., tension for anger).			
Participant can name or point to one healthy goal (e.g., 7-9 hours of sleep or 6,000+ steps).			
Participant successfully logs an emotion (chooses an emoji in the Diary App).			
Participant can state if a data point is "good" or "bad" (e.g., says 4 hours of sleep is not enough).			
Participant chooses a Breathing App or method for a stressful situation.			
Participant is able to choose the most appropriate App type for their own need (e.g., selects a Music App to help fall asleep).			