Some created new emoticons like "I am stressed" or "I am very stressed" or "I am tense up" or "I am stressed out".

Some of the users came along.

Most of the users came along.

One user would have preferred to have smaller time slots (<1 hour).

Self-reflecting task for users about spending their time: "What was their day like?"

"It says nothing. The first picture tells something but the others are not relevant."

"I was not doing it because I never left her before 8pm, [...] Because then it was bright as day until 9:30pm or 10:00pm, [...] And now, now I am already at home around 7pm or 8pm, [...] Yes and in the past I went outside in between and then went back in. Now you cannot sit outside."

"My husband said that I am spending a lot of time on the diary."

"Some found it time-consuming: "My husband said that I am spending a lot of time on the diary."

Some found it hard to write things down:

"Yes, I did not write that much in the diary."

"Some loved it: "It was for me a little bit like writing it off my chest. It was like a therapy.""

"Well accepted by most of the users."

"Some found it hard to write things down: "Yes, I did not write that much in it. During the Christmas holidays I am more stressed then when the child is not here."

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