

Weisewelt NeuroCheck: visual orientation tool for neurodiversity and wellbeing

☐ Weisewelt NeuroCheck FREE

A visual orientation triage for attention, behavior and wellbeing

Weisewelt NeuroCheck is an interactive and friendly tool that helps identify orientation signals related to attention, impulsivity, sensory sensitivity, anxiety, mood, OCD-related patterns, emotional regulation and daily functioning.

It is designed for adults, parents and caregivers who want to observe initial patterns in a clear, visual and responsible way before deciding whether a professional assessment may be helpful.

- ☐ FREE phase enabled
- ☐ Responsive mobile, tablet and desktop
- ☐ Private orientative result
- ☐

Clear visual results

The result shows observed areas, orientative pattern proximity, initial suggestions and reference sources.

Attention

68%

Sensitivity

61%

Anxiety

54%

How does it work?

The user answers visual and interactive questions. Each answer contributes signals by dimension and helps generate an orientative profile.

- Clear and friendly questions.
- Easy-to-use visual cards.
- Immediate on-screen result.

What does it explore?

The FREE phase reviews general signals that may be related to neurodiversity, emotional wellbeing and daily functioning.

- ADHD and attention.
- Autism / neurodiversity.
- OCD, anxiety, mood, sleep and emotional regulation.

What does it provide?

It provides an orientative result, initial suggestions, reference sources and an option to save or print the report.

- Orientative pattern proximity percentage.
- Clear and responsible interpretation.
- Initial recommendations.

Important:

Weisewelt NeuroCheck does not diagnose ADHD, autism, OCD, anxiety, depression or any medical or psychological condition.

It is an educational orientative triage tool. If the observed signals affect daily life, school, work, family or emotional wellbeing, consulting a qualified professional is recommended.

Plan comparison

The FREE phase is already enabled. LITE, PRO and PRO Plus will be available soon with more complete reports, follow-up tools and advanced features.

LITE / PRO / PRO Plus coming soon

Feature	FREE	LITE	PRO	PRO Plus
Status	Active	Coming soon	Coming soon	Coming soon
Result type	Basic orientative result	Expanded result by dimension	Advanced result with history	Complete family, school or business report

Feature	FREE	LITE	PRO	PRO Plus
Visual questions	✓ Basic	✓ Expanded	✓ Advanced	✓ Advanced multi-user
Sex and life stage	✓ Optional	✓ Contextual reading	✓ With follow-up	✓ Per user or group
Orientative patterns	ADHD, autism/neurodiversity, OCD, anxiety, mood, sleep and regulation	More detail by pattern	Comparison between assessments	Complete view by person, family, school or company
Pattern proximity percentage	✓ Orientative	✓ Explained by dimension	✓ With historical evolution	✓ With comparative analysis
Downloadable PDF	1–2 pages	2–4 pages	5–7 pages	8–10 pages
Suggestions	Initial and general	By dimension and life stage	Personalized with roadmap	Complete plan by context
Roadmap	Basic view	Initial roadmap	Personal roadmap with follow-up	Advanced family, school or business roadmap
History	Not included	Optional local history	Registered user history	Multi-user comparative history
Recommended use	First orientative triage	User who wants more detail	Personal or family follow-up	Families, schools, companies or groups

Percentages and results are orientative. Weisewelt NeuroCheck does not diagnose medical or psychological conditions. If the observed signals affect daily life, professional assessment is recommended.

Start your FREE orientative triage

Answer calmly. The result is based on your responses and does not replace a professional assessment.

FREE enabled

Linux: 50 Essential Commands You Should Know

LINUX CLI LAB

Linux: 50 Essential Commands You Should Know

Linux is one of the most widely used operating systems in servers, programming, cloud, DevOps, and system administration. This guide combines a practical table with an interactive emulator to practice commands, reinforce concepts, and visualize simulated changes without touching a real server.

Learning note: the emulator output is simulated for practice, training, and onboarding.

On a real system it may vary by distribution, permissions, installed packages, and configuration.

Interactive Linux CLI Emulator

Type a command, use the table, or run a guided challenge. The emulator will show simulated output, feedback and visual changes in the Linux system.

Run

View large output

Try challenge

Clear

Challenge: run `pwd` to check the current path.

LX

[]

::

..

LINUX WORKSPACE

Pack

Free ▼

SYSTEM STATUS 0

linux-runbook.md

0/10

Linux CLI

Run the next command to receive guided feedback.

Expected runbook commands

`pwd`

Run the next command to receive guided feedback.

Run the next command to receive guided feedback.

Linux system visualizer

Environment ready: no changes yet.

WORKSPACE OUTPUT

waiting

\$ Linux emulator ready

Choose a command from the table or type one in the console.

\$ Linux emulator ready

Choose a command from the table or type one in the console.

Simulated expected output

Copy output

Close

Copy full table (CSV)

On small screens, the table adapts into cards to avoid content cutoffs.

#	Command	Description	Example	Actions
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Conclusion

These 50 Linux commands cover navigation, files, permissions, processes, networking, packages, and day-to-day operations. Practicing them in a simulated environment lets you learn safely before working on real infrastructure.

AWS CLI: 50 Most-Used Commands and Parameters

FREE activePremium look & feelResponsiveAWS CLI

AWS CLI: 50 essential commands with FREE cloud emulator

Practice AWS safely with guided challenges, textual output and a visual architecture canvas.

This lab does not create real resources. Commands are prepared for learning and use placeholders such as <VPC_ID>, <INSTANCE_ID> or <ACCOUNT_ID>.

IDENTITY

Account / Role

Least privilege

NETWORK

10.10.0.0/16

Public route

COMPUTE

Public + Private IP

Managed nodes

DATA

Objects

Private DB



List of 50 AWS commands to copy and execute

Use Copy to send the command to the clipboard. Use Load to try placing it in the emulator input or trigger the plugin event.

#	Area	Command	What is it for?	Canvas / output	Action
1	Basics	aws --version	Checks the installed AWS CLI v2 version.	Shows the CLI, version and local runtime.	Copy Load
2	Basics	aws configure list	Lists the active credentials, region and profile configuration.	Identifies profile, region and credential source without exposing secrets.	Copy Load
3	Basics	aws configure get region	Gets the default configured region.	Places the regional context where lab resources will be simulated.	Copy Load
4	Identity	aws sts get-caller-identity	Validates the active AWS identity: account, user or role.	Draws the active account, ARN, profile and simulated permissions.	Copy Load
5	Regions	aws ec2 describe-regions --all-regions --query "Regions[].RegionName" --output table	Lists available EC2 regions.	Shows the region selector and highlights the lab region.	Copy Load
6	VPC Network	aws ec2 create-vpc --cidr-block 10.10.0.0/16 --tag-specifications 'ResourceType=vpc,Tags=[{Key=Name,Value=ww-aws-vpc}]'	Creates the base VPC for the lab.	Adds the network layer with CIDR 10.10.0.0/16.	Copy Load
7	Tags	aws ec2 create-tags --resources <VPC_ID> --tags Key=Project,Value=Weisewelt Key=Environment,Value=FreeLab	Adds project and environment tags to the VPC.	Updates the visual inventory with governance metadata.	Copy Load
8	VPC Network	aws ec2 describe-vpcs --filters "Name=tag:Name,Values=ww-aws-vpc"	Queries the VPC created by name.	Highlights the discovered VPC and shows a simulated VPC ID.	Copy Load
9	Public subnet	aws ec2 create-subnet --vpc-id <VPC_ID> --cidr-block 10.10.1.0/24 --availability-zone us-east-1a --tag-specifications 'ResourceType=subnet,Tags=[{Key=Name,Value=ww-public-a},{Key=Visibility,Value=public}]'	Creates a public subnet in one Availability Zone.	Draws a public zone with CIDR, AZ and pending Internet route.	Copy Load
10	Private subnet	aws ec2 create-subnet --vpc-id <VPC_ID> --cidr-block 10.10.11.0/24 --availability-zone us-east-1a --tag-specifications 'ResourceType=subnet,Tags=[{Key=Name,Value=ww-private-a},{Key=Visibility,Value=private}]'	Creates a private subnet for databases or internal nodes.	Draws a private zone without public IP or direct Internet route.	Copy Load
11	Internet Gateway	aws ec2 create-internet-gateway --tag-specifications 'ResourceType=internet-gateway,Tags=[{Key=Name,Value=ww-igw}]'	Creates an Internet Gateway for public connectivity.	Adds the IGW component outside the VPC.	Copy Load
12	Internet Gateway	aws ec2 attach-internet-gateway --internet-gateway-id <IGW_ID> --vpc-id <VPC_ID>	Attaches the Internet Gateway to the VPC.	Connects the VPC visually to the Internet.	Copy Load

#	Area	Command	What is it for?	Canvas / output	Action
13	Routes	aws ec2 create-route-table --vpc-id <VPC_ID> --tag-specifications 'ResourceType=route-table,Tags=[{Key=Name,Value=ww-public-rt}]'	Creates a public route table.	Adds a route table associated with the public zone.	Copy Load
14	Routes	aws ec2 create-route --route-table-id <ROUTE_TABLE_ID> --destination-cidr-block 0.0.0.0/0 --gateway-id <IGW_ID>	Adds the default route to the Internet Gateway.	Marks the public subnet route 0.0.0.0/0 through the IGW.	Copy Load
15	Routes	aws ec2 associate-route-table --subnet-id <PUBLIC_SUBNET_ID> --route-table-id <ROUTE_TABLE_ID>	Associates the route table with the public subnet.	Activates public connectivity for that subnet.	Copy Load
16	Security	aws ec2 create-security-group --group-name ww-web-sg --description "Web access for Weisewelt lab" --vpc-id <VPC_ID>	Creates a Security Group for web instances.	Draws the logical inbound/outbound firewall.	Copy Load
17	Security	aws ec2 authorize-security-group-ingress --group-id <SG_ID> --protocol tcp --port 22 --cidr 203.0.113.10/32	Allows SSH only from a controlled example IP.	Shows a restrictive administration rule.	Copy Load
18	Security	aws ec2 authorize-security-group-ingress --group-id <SG_ID> --protocol tcp --port 80 --cidr 0.0.0.0/0	Allows public HTTP traffic.	Opens port 80 on the canvas with a public exposure warning.	Copy Load
19	Security	aws ec2 authorize-security-group-ingress --group-id <SG_ID> --protocol tcp --port 443 --cidr 0.0.0.0/0	Allows public HTTPS traffic.	Opens port 443 and marks secure web access.	Copy Load
20	Security	aws ec2 describe-security-groups --group-ids <SG_ID> --output table	Displays Security Group rules.	Displays inbound/outbound rules in the security inventory.	Copy Load
21	EC2	aws ec2 create-key-pair --key-name ww-key --query 'KeyMaterial' --output text > ww-key.pem	Creates a key pair for EC2 access.	Adds access credentials and warns about secure storage.	Copy Load
22	EC2	aws ec2 run-instances --image-id ami-0123456789abcdef0 --count 1 --instance-type t3.micro --key-name ww-key --security-group-ids <SG_ID> --subnet-id <PUBLIC_SUBNET_ID> --associate-public-ip-address --tag-specifications 'ResourceType=instance,Tags=[{Key=Name,Value=ww-web-01}]'	Launches one EC2 instance in the public subnet.	Draws a web server with simulated private and public IPs.	Copy Load
23	EC2	aws ec2 describe-instances --filters "Name=tag:Name,Values=ww-web-01" --query "Reservations[].Instances[].{Id:InstanceId,State:State.Name,PrivateIP:PrivateIpAddress,PublicIP:PublicIpAddress}" --output table	Displays instance status and IP addresses.	Updates running/stopped state and public/private IPs.	Copy Load
24	EC2	aws ec2 describe-instance-status --instance-ids <INSTANCE_ID> --include-all-instances	Checks system and instance health.	Displays health checks in the monitoring layer.	Copy Load
25	Elastic IP	aws ec2 allocate-address --domain vpc	Allocates an Elastic IP for the VPC.	Adds a fixed public IP to the inventory.	Copy Load
26	Elastic IP	aws ec2 associate-address --instance-id <INSTANCE_ID> --allocation-id <ALLOCATION_ID>	Associates the Elastic IP to the EC2 instance.	Connects the fixed public IP to the web server.	Copy Load
27	EC2	aws ec2 stop-instances --instance-ids <INSTANCE_ID>	Stops an EC2 instance.	Changes the visual state to stopped and preserves configuration.	Copy Load
28	EC2	aws ec2 start-instances --instance-ids <INSTANCE_ID>	Starts a stopped instance.	Changes the visual state to running.	Copy Load
29	EC2	aws ec2 terminate-instances --instance-ids <INSTANCE_ID>	Terminates an EC2 instance.	Removes the server and keeps the action history.	Copy Load

#	Area	Command	What is it for?	Canvas / output	Action
30	EBS	aws ec2 create-volume --availability-zone us-east-1a --size 20 --volume-type gp3 --tag-specifications 'ResourceType=volume,Tags=[{Key=Name,Value=ww-data-vol}]'	Creates a gp3 EBS volume.	Adds persistent storage in the same Availability Zone.	Copy Load
31	EBS	aws ec2 attach-volume --volume-id <VOLUME_ID> --instance-id <INSTANCE_ID> --device /dev/sdf	Attaches an EBS volume to an instance.	Connects persistent storage to the server.	Copy Load
32	EBS Snapshot	aws ec2 create-snapshot --volume-id <VOLUME_ID> --description "Snapshot Weisewelt Free Lab"	Creates a snapshot from an EBS volume.	Adds an incremental backup in the protection layer.	Copy Load
33	S3	aws s3 mb s3://ww-free-lab-<ACCOUNT_ID>-demo --region us-east-1	Creates an S3 bucket for the lab.	Draws an object bucket with region and unique name.	Copy Load
34	S3	aws s3 cp ./index.html s3://ww-free-lab-<ACCOUNT_ID>-demo/index.html	Copies a local file to the bucket.	Shows the uploaded object inside the bucket.	Copy Load
35	S3	aws s3 sync ./site s3://ww-free-lab-<ACCOUNT_ID>-demo --delete	Synchronizes a local folder with S3.	Simulates static site deployment and incremental changes.	Copy Load
36	S3	aws s3 ls s3://ww-free-lab-<ACCOUNT_ID>-demo --recursive --human-readable --summarize	Lists bucket objects with a summary.	Updates object count and total size.	Copy Load
37	S3 Versioning	aws s3api put-bucket-versioning --bucket ww-free-lab-<ACCOUNT_ID>-demo --versioning-configuration Status=Enabled	Enables S3 bucket versioning.	Marks protection against accidental overwrites.	Copy Load
38	IAM	aws iam create-role --role-name ww-lambda-exec --assume-role-policy-document file://trust-policy.json	Creates an IAM role for Lambda execution.	Adds a service identity and trust relationship.	Copy Load
39	IAM	aws iam attach-role-policy --role-name ww-lambda-exec --policy-arn arn:aws:iam::aws:policy/service-role/AWSLambdaBasicExecutionRole	Attaches the managed policy for basic Lambda logs.	Updates the role's effective permissions.	Copy Load
40	Lambda	aws lambda create-function --function-name ww-hello-free --runtime python3.12 --role arn:aws:iam::<ACCOUNT_ID>:role/ww-lambda-exec --handler app.handler --zip-file fileb://function.zip	Creates a Lambda function from a ZIP package.	Draws a serverless function connected to IAM and CloudWatch Logs.	Copy Load
41	Lambda	aws lambda invoke --function-name ww-hello-free response.json	Invokes the Lambda function and stores the response.	Shows event, execution and simulated response.	Copy Load
42	CloudWatch Logs	aws logs describe-log-groups --log-group-name-prefix /aws/lambda/ww-hello-free	Displays Lambda log groups.	Opens the observability layer and traces.	Copy Load
43	CloudWatch	aws cloudwatch put-metric-alarm --alarm-name ww-cpu-high --metric-name CPUUtilization --namespace AWS/EC2 --statistic Average --period 300 --threshold 80 --comparison-operator GreaterThanThreshold --dimensions Name=InstanceId,Value=<INSTANCE_ID> --evaluation-periods 2	Creates a high CPU alarm for EC2.	Adds a monitoring alert to the instance.	Copy Load
44	RDS	aws rds create-db-subnet-group --db-subnet-group-name ww-db-subnets --db-subnet-group-description "Weisewelt private DB subnets" --subnet-ids <PRIVATE_SUBNET_ID_A> <PRIVATE_SUBNET_ID_B>	Creates a private subnet group for RDS.	Places the database inside private networking.	Copy Load
45	RDS	aws rds create-db-instance --db-instance-identifier ww-mysql-free --db-instance-class db.t4g.micro --engine mysql --master-username admin --master-user-password <STRONG_PASSWORD> --allocated-storage 20 --db-subnet-group-name ww-db-subnets --no-publicly-accessible	Creates a private MySQL RDS instance.	Draws a database without public IP and with internal access.	Copy Load
46	EKS	aws eks create-cluster --name ww-eks-free --role-arn arn:aws:iam::<ACCOUNT_ID>:role/ww-eks-cluster-role --resources-vpc-config subnetIds=<PUBLIC_SUBNET_ID>,<PRIVATE_SUBNET_ID>,securityGroupIds=<SG_ID>	Creates the Amazon EKS control plane.	Adds a managed Kubernetes control plane with network configuration.	Copy Load

#	Area	Command	What is it for?	Canvas / output	Action
47	EKS	aws eks describe-cluster --name ww-eks-free --query "cluster.{Name:name,Status:status,Endpoint:endpoint,Version:version}" --output table	Displays EKS cluster status, endpoint and version.	Updates the control plane state.	Copy Load
48	EKS	aws eks create-nodegroup --cluster-name ww-eks-free --nodegroup-name ww-ng-free --node-role arn:aws:iam::<ACCOUNT_ID>:role/ww-eks-node-role --subnets <PRIVATE_SUBNET_ID_A> <PRIVATE_SUBNET_ID_B> --instance-types t3.medium --scaling-config minSize=1,maxSize=3,desiredSize=1	Creates a managed node group for EKS.	Draws private nodes and scalable capacity.	Copy Load
49	EKS	aws eks update-kubeconfig --region us-east-1 --name ww-eks-free	Updates local kubeconfig for cluster access.	Marks administrative access from the terminal.	Copy Load
50	CloudFormation	aws cloudformation deploy --template-file template.yaml --stack-name ww-free-stack --capabilities CAPABILITY_NAMED_IAM --parameter-overrides Environment=free	Deploys infrastructure as code with CloudFormation.	Groups resources into a stack and shows dependencies.	Copy Load

Start with identity, region and VPC before running EC2, RDS or EKS.

Replace placeholders only inside the emulator or in controlled real environments.

In real accounts, validate permissions, costs and security policies before running creation commands.