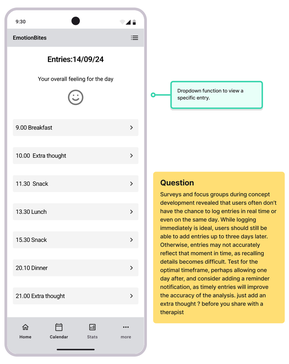
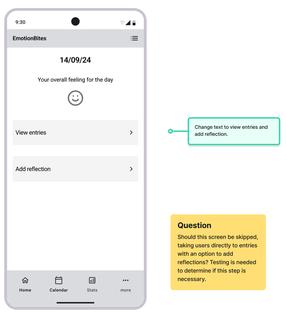
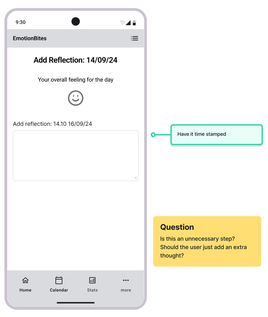


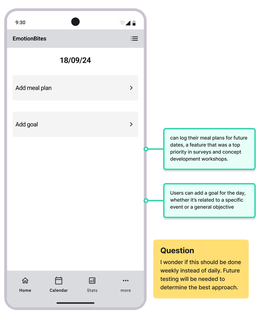
Past date page



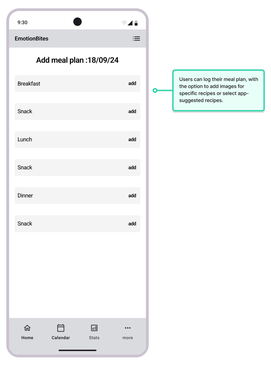
Add reflection



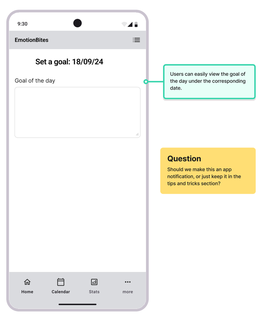
Future date page



Add meal plan



Add goal



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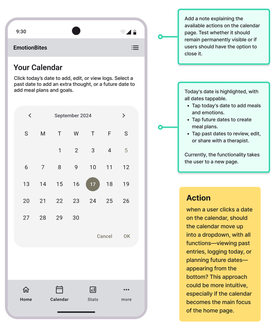
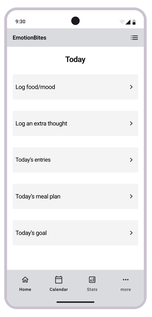
Calendar



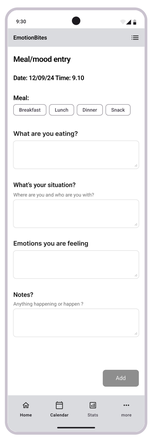
Current date page

When the user taps on the current date, a variety of options are displayed

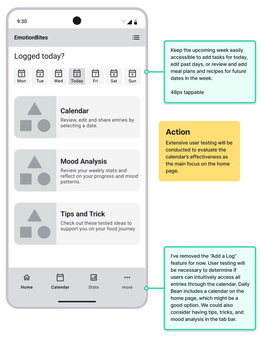


Log meal/mood

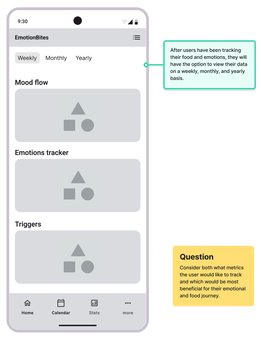
When the user taps on the current date, a variety of options are displayed



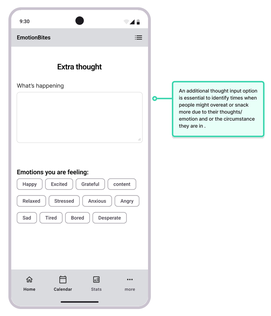
Home



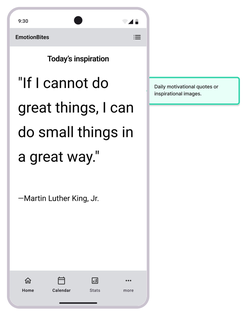
Mood Analysis



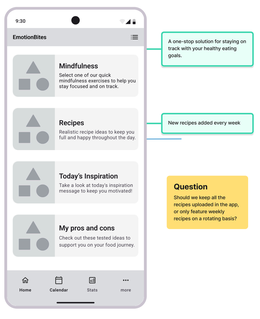
Log an extra thought



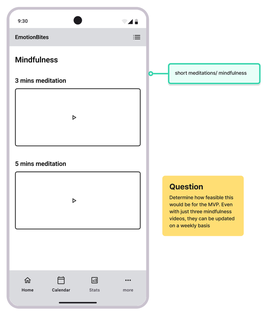
Inspirational quote



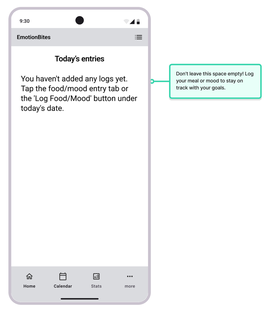
Tips and Tricks



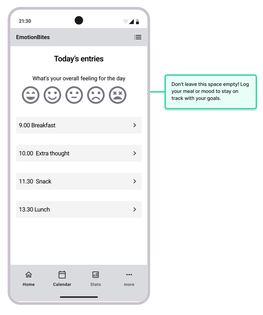
Mindfulness



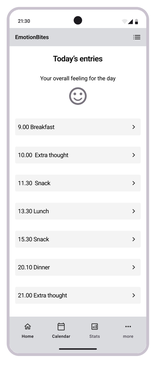
Today's logs



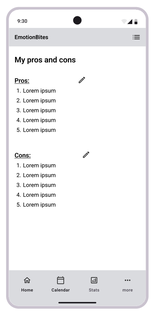
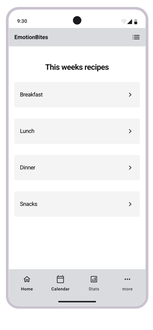
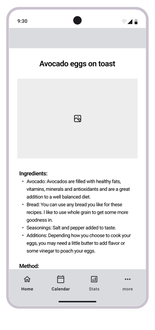
In progress



Finished



My pros and cons



Recipes