Panel 1: A person wakes up in the morning feeling groggy and unmotivated.
Panel 2: They open the health app on their phone and see a reminder to drink water.
Panel 3: The person drinks a glass of water and begins to feel more awake.
Panel 4: The app suggests a short stretching routine to help wake up the body.
Panel 5: The person completes the stretching routine and feels more energized preferences.

Panel 6: The app asks the person to log their breakfast and suggests healthy options based on their preferences.
Panel 7: The person logs their breakfast and sees how it fits into their daily nutrition goals.
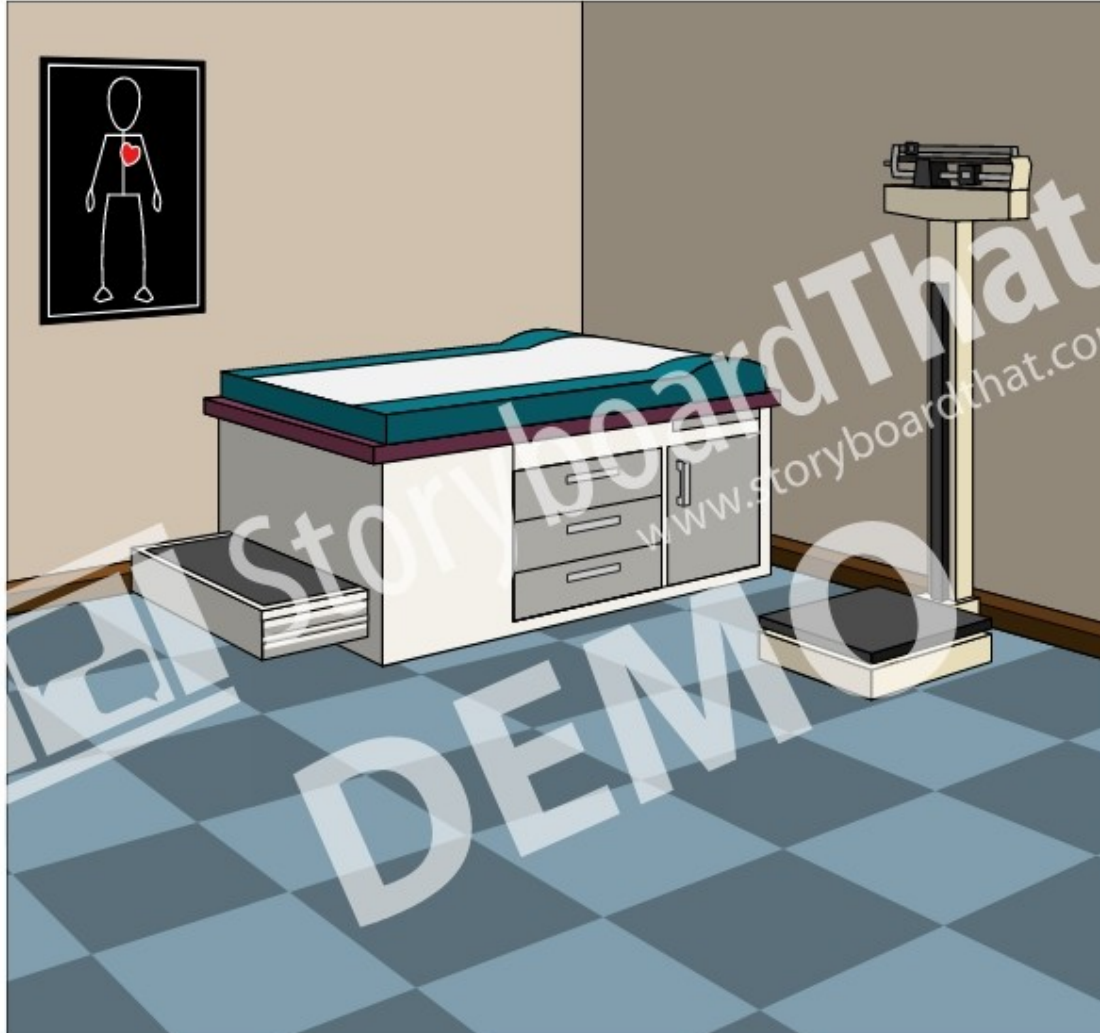
Panel 8: The app reminds the person to take their daily medication and logs it for them.

Panel 9: The person logs their dinner and sees how it fits into their daily nutrition goals.

Panel 17: The person completes the wind-down routine and feels ready for a restful night's sleep.

Panel 18: The app congratulates the person on their healthy habits and suggests a yoga routine for the next day to improve flexibility and reduce stress.