A screenshot of a computer

Description automatically generated with low confidenceA picture containing graphical user interface

Description automatically generated

Motivational Phrase

Today’s Steps:

**##**

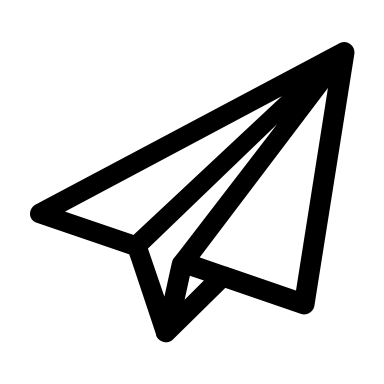
Programmed Reminders:

* 9:00 pm -> Take Pill

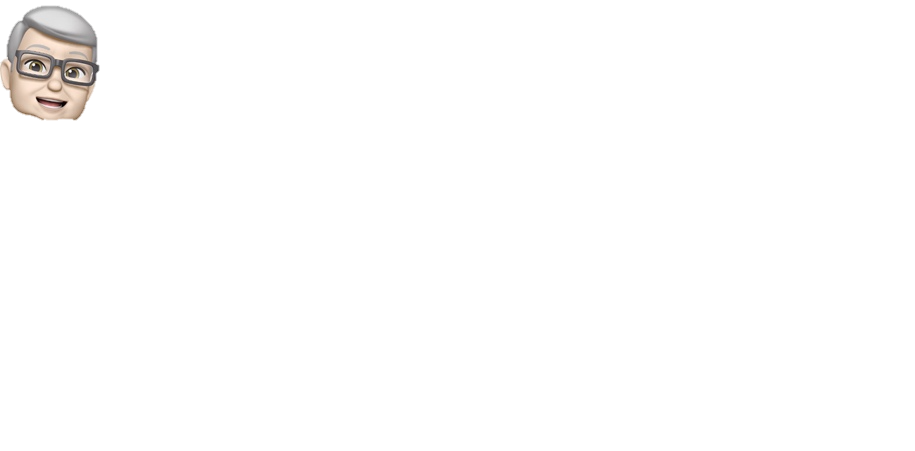
Current Heart Rate

Need to sign in with an email to be able to send information to others

Planning on doing some research to understand where the heart rate should be at and analyze historic information to point out irregularities.



Send Information via Email



Username, #Age