



ALL THAT YOU NEED

G Sign in with Google

Create an account

Already a Member? Log in



ALL THAT YOU NEED



Full Name

Email

Password

Age

Medical History



By continuing you accept our
Privacy Policy and Terms of Use

Sign Up



ALL THAT YOU NEED



Peter Evans

PeterEvans@gmail.com



05-10-1996

Insonmia



By continuing you accept our
Privacy Policy and Terms of Use

Sign Up



ALL THAT YOU NEED

Welcome Back!

Username

Password

Log-In

or



Sign in with Google



ALL THAT YOU NEED



Username: Peter Evans

Email: PeterEvans@gmail.com

Birthday: 05-10-1996

Medical History: Insomnia

21 Days Depression Reminder:



Get Notified



Inform Emergency Contact

> input here..

Edit Profile



HOME



CALENDAR



MOOD



MENTOR



SETTING



ALL THAT YOU NEED

B
O
O
L
Be
aware
of
how
you
are

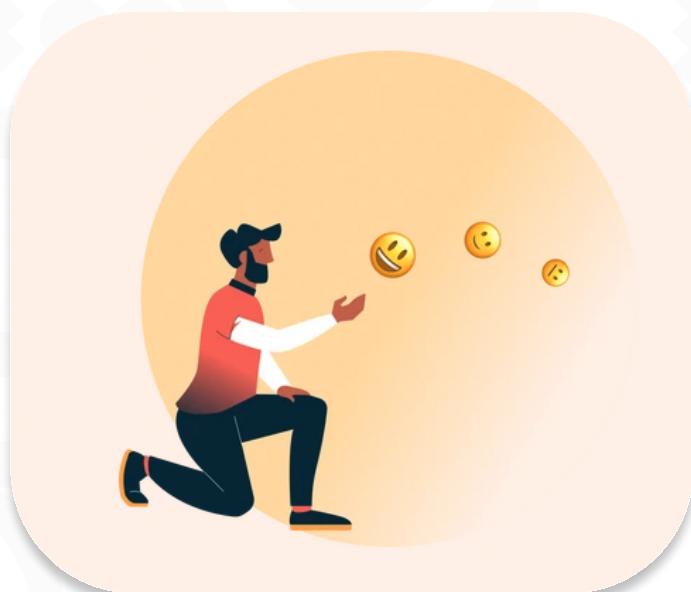
feeling .

SKIP

F 😊 M.

ALL THAT YOU NEED

Track your mood



Mood tracking is a technique in positive psychology that includes the tracking, recording, and analysis of a person's mood.

SKIP

F 😊 M.

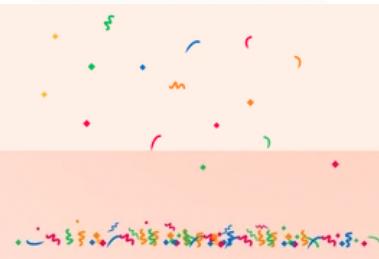
ALL THAT YOU NEED

Select one way to log your mood

Log By Emoticon

Write your diary &
log your mood

Try Voice Detection



HOME



CALENDAR



MOOD



MENTOR



SETTING



ALL THAT YOU NEED



Hey there,
are you ready to
reflect on your day?
Let's start by rating
it, shall we?

Today my day was



Happy



Surprised



Neutral



Sad



Angry



HOME



CALENDAR



MOOD



MENTOR



SETTING

F 😊 M.

ALL THAT YOU NEED

Today I am most grateful for having lunch with my friends.



SAVE



HOME



CALENDAR



MOOD



MENTOR



SETTING



ALL THAT YOU NEED

IN THE PAST 7 DAYS YOUR DAYS WERE:



Happy



Surprise



Neutral



Fear



Sad



Angry

1 DAY

2 DAY

1 DAY

1 DAY

1 DAY

1 DAY

Recommended Activities :



"THE DREAM SHOPS" Carrie Illustration首個個人畫展
1 - 15 Dec (except Mon) 1pm (8hrs)



「Moving Drawing : 動感快車」展覽
1 - 31 Dec 2022 (except Mon) 11am - 6pm (7 hrs)



"The Collective Surreal Memory"
SURREALHK第二個個人展覽1 - 18 Dec (except
Mon) noon (7hr)



HOME



CALENDAR



MOOD



MENTOR



SETTING

F 😊 M.

ALL THAT YOU NEED

Journal, reflect and look back

September 2021



SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Happy



Surprised



Neutral



Sad



Angry

Today I am most grateful for...



HOME



CALENDAR



MOOD



MENTOR

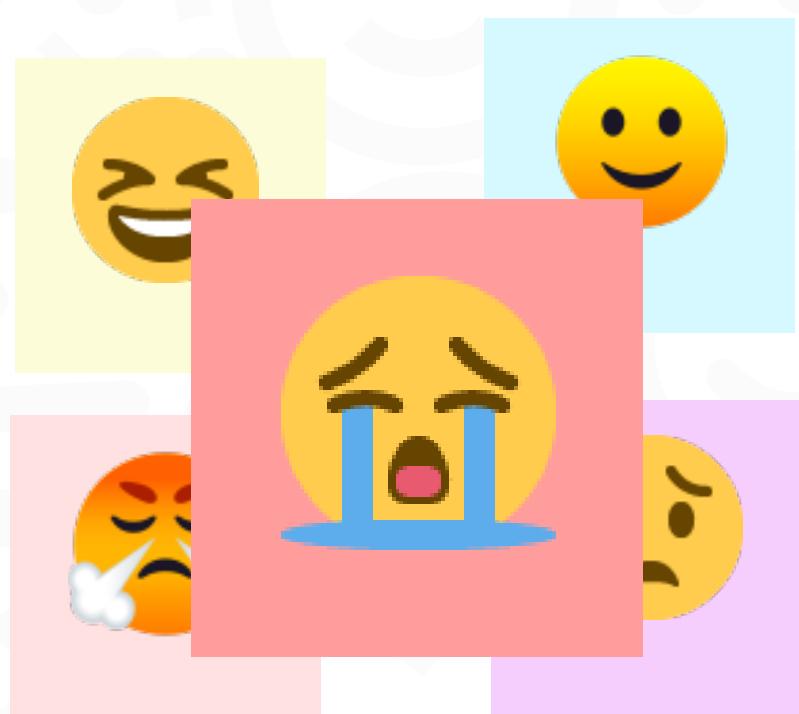


SETTING



ALL THAT YOU NEED

HOW ARE YOU
FEELING RIGHT NOW?



Start Recording



HOME



CALENDAR



MOOD



MENTOR

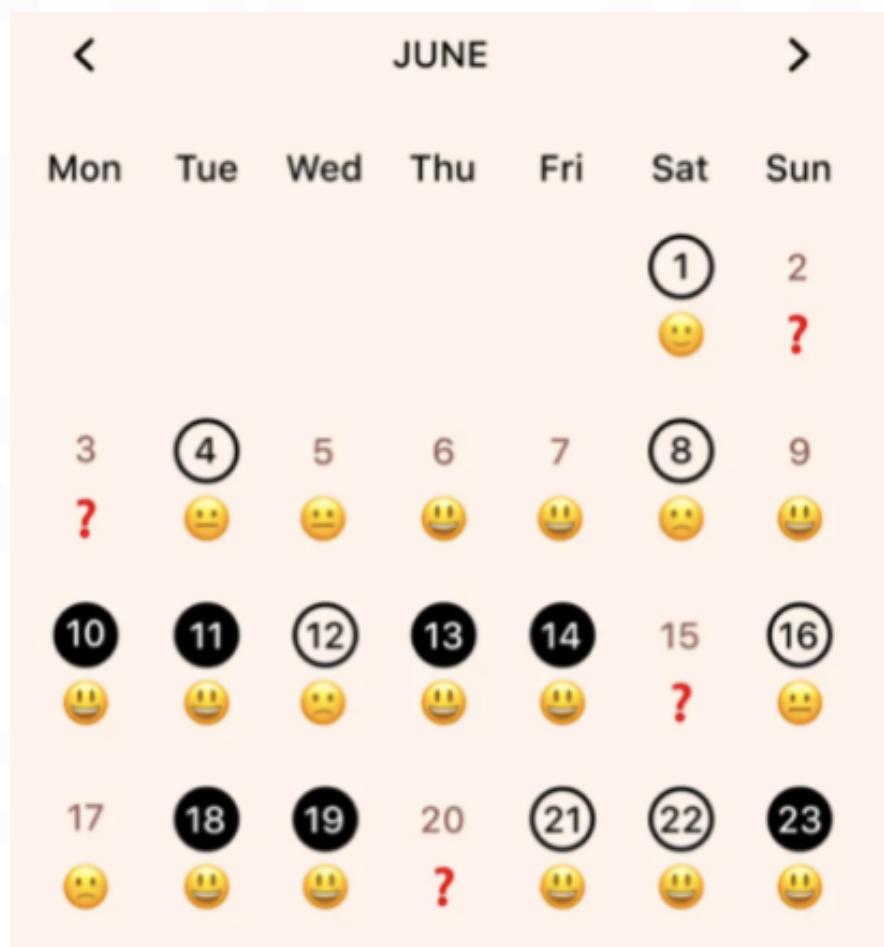


SETTING



ALL THAT YOU NEED

Do something today that your future
self will thank you for.



Change My Emoticon



HOME



CALENDAR



MOOD



MENTOR



SETTING

F 😊 M.

ALL THAT YOU NEED



JUNE



Mon Tue Wed Thu Fri Sat Sun

(1)

2



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3

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10

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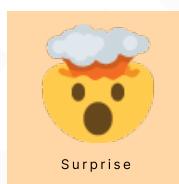
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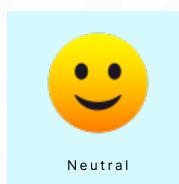
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Happy



Surprise



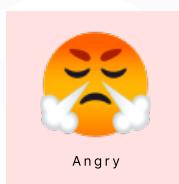
Neutral



Fear



Sad



Angry



Edit My Diary



HOME



CALENDER



MOOD



MENTOR



SETTING

F 😊 M.

ALL THAT YOU NEED

Today I am most grateful for having lunch with my friends.



HOME



CALENDAR



MOOD



MENTOR

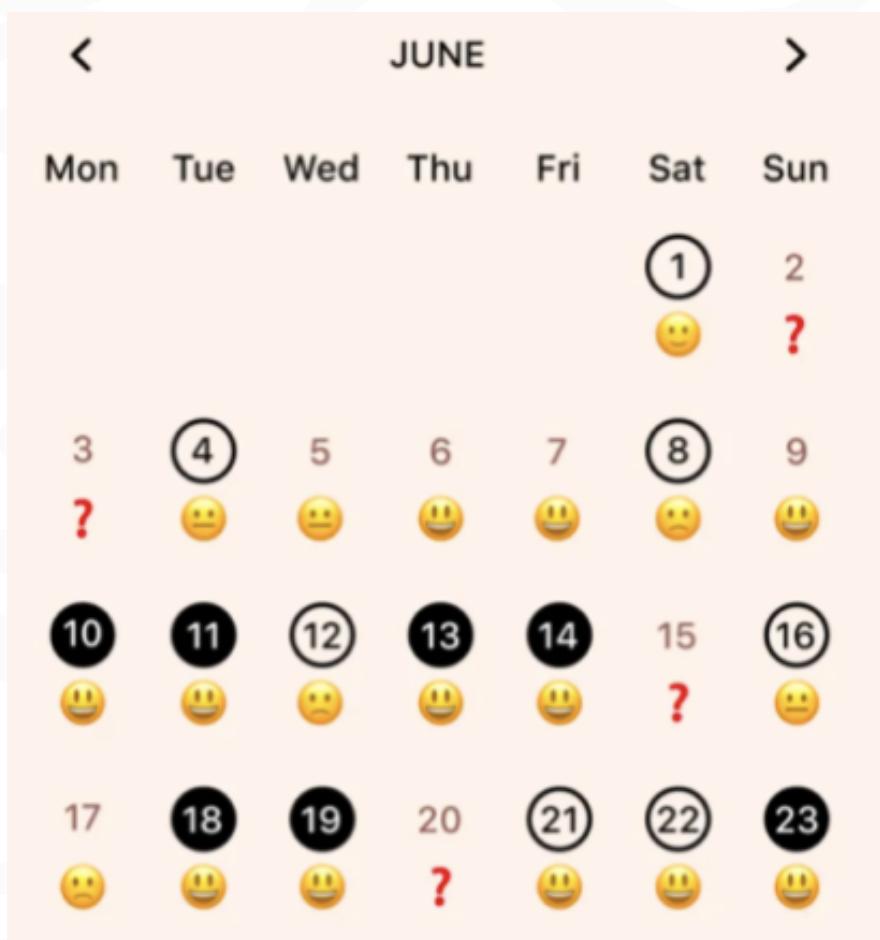


SETTING



ALL THAT YOU NEED

Do something today that your future
self will thank you for.



PLAY



Happy



Surprised



Neutral



Sad



Angry



HOME



CALENDAR



MOOD



MENTOR



SETTING



ALL THAT YOU NEED

Do something today that your future
self will thank you for.



JUNE



Mon Tue Wed Thu Fri Sat Sun

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Today I am most grateful for having dinner with my friends.



HOME



CALENDER



MOOD



MENTOR



SETTING



ALL THAT YOU NEED



心情樹洞

Below is our mentor list



Kenneth C



Suet



Kaya L



HOME



CALENDAR



MOOD



MENTOR



SETTING

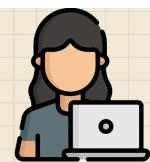


ALL THAT YOU NEED



心情樹洞

Below is our mentor list



Hi Peter? how's your day?

I can't sleep..



TEXT HERE...

ENTER



HOME



CALENDAR



MOOD



MENTOR



SETTING