

### Diet Tracking

Barcode Scanner  
to log food items

A place to meal  
plan

Recipe  
Suggestions  
tab/screen

Calorie Goal  
Tracker

### Physical Activity

A step counter

a log to track the  
activities you have  
done

Daily/weekly  
workout  
challenges

Link to things like  
fitbits and other  
smart devices

### Sleep Monitoring

Alarm function

Guides/Tips for a  
better sleeping  
enviornment

Sleep sound  
tracker

Sleeping noises

### Hydration Tracking

Water Intake  
Tracker

Hydration  
Challenge/Goal

Type of Drink  
Tracker

### Wellness

Mood Tracker

Remindes for  
things like sleep,  
breaks, exercise,  
etc

Personalized  
Health Tips

Motivational  
Reminders

Progress Tracker