



Welcome !

Username

Password

Log in

[Forgot Password](#)

Create

[Don't Have an Account?](#)

www.reallygreatsite.com

Enter your mobile number

 +60

81234 56789

Or connect with social 

By continuing you may recieve an SMS for verification.
Message and data rates may apply.

NEXT

Choose an account



Facebook



Google

By clicking on a social option you may recieve an SMS for verification. Message and data rates may apply.

NEXT

Enter the 4-digit code sent to
you at

+60 95864 32107

0

0

0

0

[Resend code](#)

NEXT



Edit

What's your name?

First

Last

NEXT

What brings you here?

Low mood or energy

Stress

Sleep issue

Relationship challenges

Something else

CONFIRM

What's your feeling right now?



Very good



Moderate



Sad



Good



Bad

NEXT

Account Settings



JY
+60 95864 32107



Your Wellness Journey



Mood Entries
Total Check in

1



Mindfulness Minutes

1



Current Streak

1

Change Password

Sign out

NEXT



< Today >



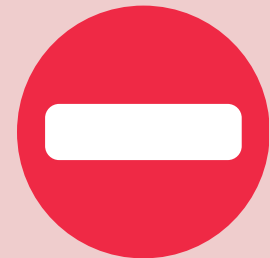
Next Results

Complete the questions to see your monthly result

Journal



Are you stress today?



+ Add your mood today

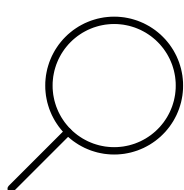
Active Courses >



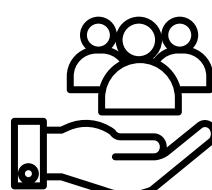
Part 1
2 minutes



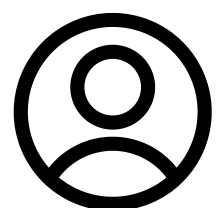
Home



Discover



Activity



Profile

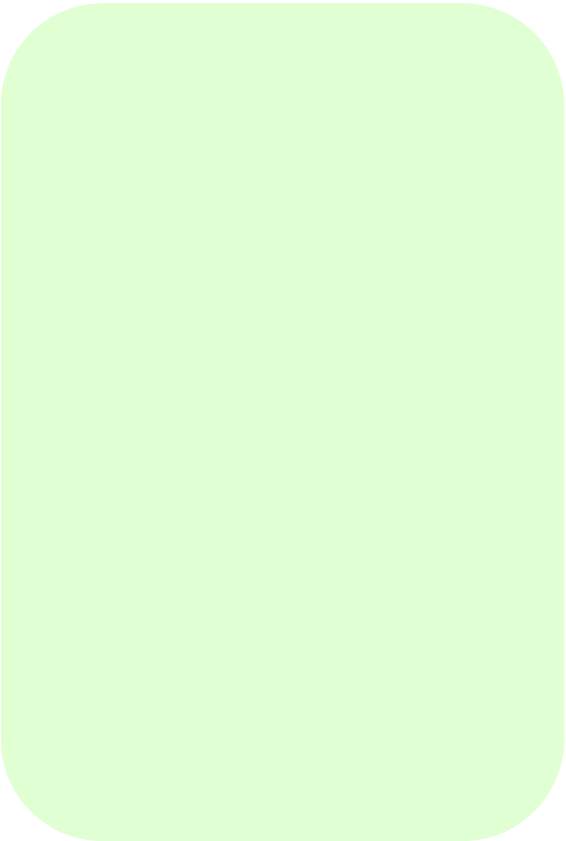
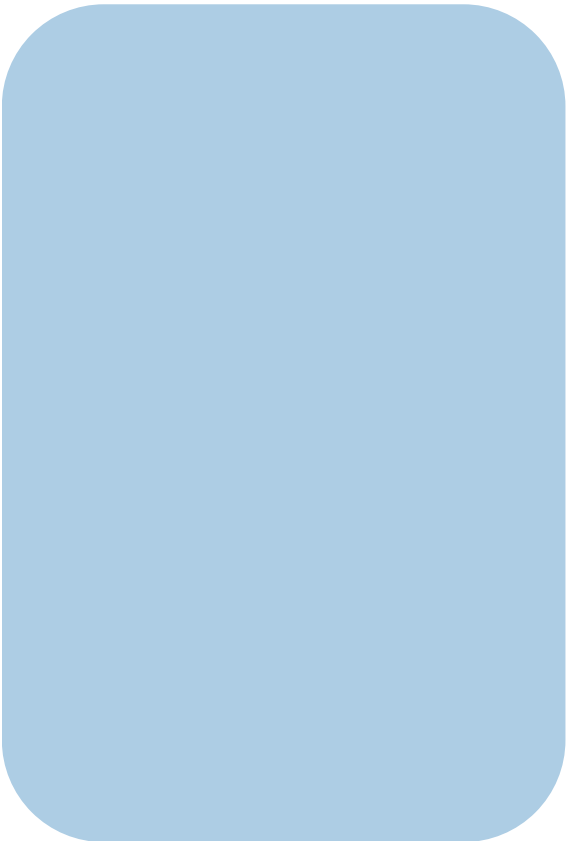
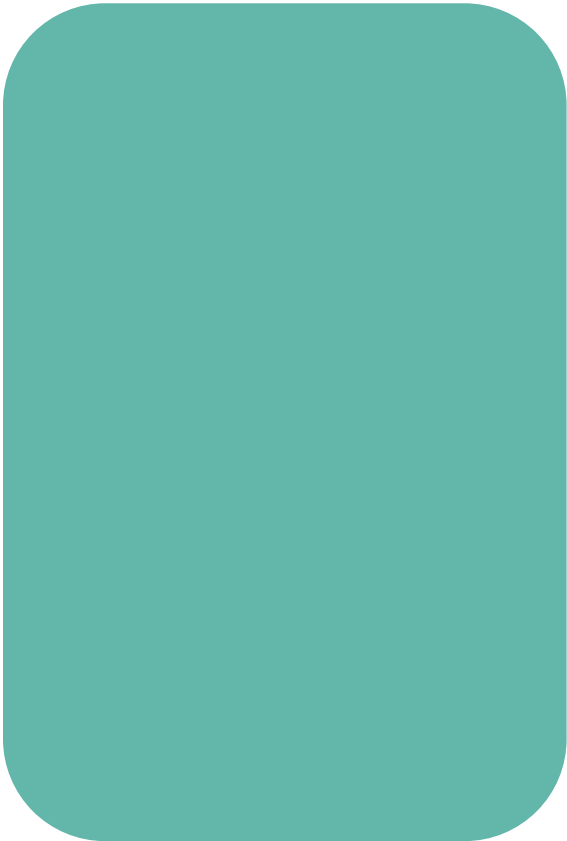
Discover

Active Courses >



Part 1
2 minutes

Recommended for You



Mindfulness

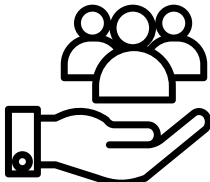
12 courses



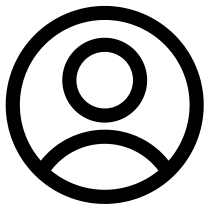
Home



Discover



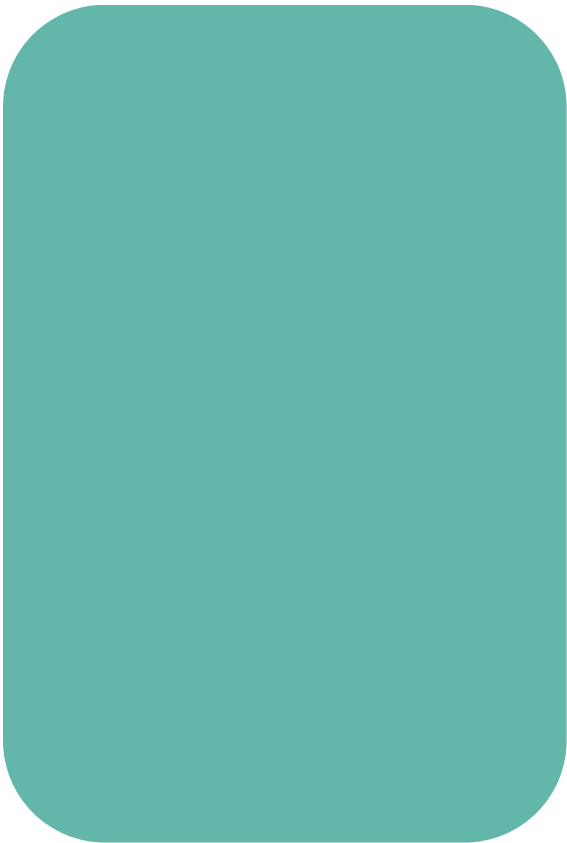
Activity



Profile

Activity

Events & Workshops >



Musics & Games >

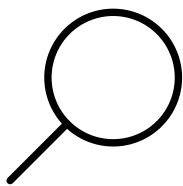


Peer Support Forum >

Anonymous sharing or discussion boards



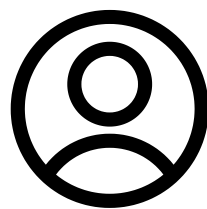
Home



Discover



Activity



Profile



Profile



Account Settings



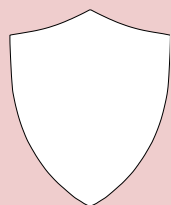
Notification



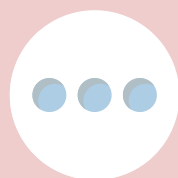
Fitness



App



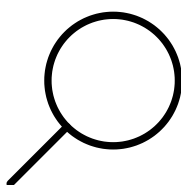
Safe



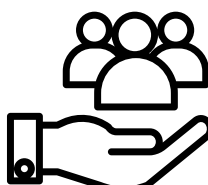
More



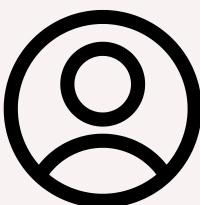
Home



Discover



Activity



Profile