

Header Section:

- **App Title:** "Daily Wellness Tracker" (I will center it for a much cleaner look).
- **Motivational Quote:** A space to display a fetched quote from the API with a refresh button nearby.

Main Content Area:

1. **Mood Input Section:**
 - Dropdown menu: Users can select their mood (e.g., "Happy," "Stressed," etc.).
 - Submit button: Save mood selection to the log.
2. **Activities Input Section:**
 - Checkboxes: Users can tick off activities like "Meditation," "Exercise," etc.
 - Submit button: Save selected activities.
3. **Journal Entry Section:**
 - Text area: Users can write a short journal entry.
 - Submit button: Save the entry to the log.
4. **Log Display Area:**
 - Display all saved entries in a clean, scrollable list.
 - Include buttons for Edit and "Delete next to each entry for interactivity.

Footer Section:

- A short motivational message like: "Track your wellness daily for a happier you!"