**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!"