Health App

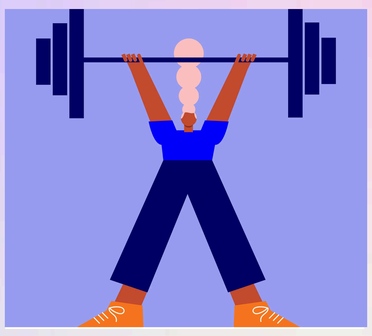
Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness

A health web page for college students

Our Mission --------

Nutrition

Fitness



Mental Health

Calendar

Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness

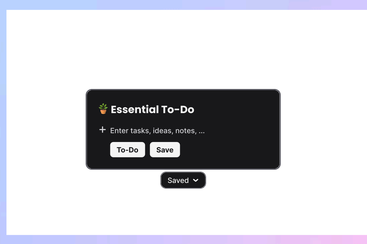
Monday | Tuesday | Wednesday | Thursday

Goals

Academic Guide

Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness

Study Tips



Resources

About Us

Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness

Ghea

Nidhi

Yuqing

Mental Health Guide

Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness

Wellness Tips

Managing Stress

Fitness Guide

Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness

To Do 1

Recommended Workouts

In Progress 0

Done 2

Completed Workouts

Welcome to Kanban!
Click here to open the card
Oct 26

Nutrition Guide

Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness

Budget Range

Meal