

Welcome to Balance

Let's get started on your lifestyle journey!
First, tell me a little about the goals you'd like to reach, starting with Physical Fitness

Hydrate yourself!

Maintain your hydration levels and embark on this journey! Drink at least 4 gallons of water a day, with customizable reminders to help keep you on track!

Get Moving

Boost your cardiovascular health and stay active by walking 10,000 steps a day . Walking strengthens your heart , helps manage weight, and improves mood!!

Burn It Off!

Burn 500 calories a day through exercise and boost your metabolic rate!

Burning calories through workouts promotes heart health , builds strength, and increases endurance.
(Requires "Get Moving")

Stay Flexible!

"Flexibility exercises reduce muscle tension, improve range of motion, and lower the risk of injury. Stretch for 10 minutes a day to keep your body agile and healthy."

Mental Health Onboard

Moving on, lets focus on your mental health, below are some essentials to help get you started on your lifestyle journey

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Home

Physical Health and Fitness Overview Widget



Mental Health and Wellbeing Overview Widget



Custom Goals and Habits Overview





Steps Walked: 2000
Goal: 5000

**Keep it up, you're on a
2 week streak!**

Calories Burned: 300
Goal: 500

**Keep it up, you're on a
1 week streak!**

Water Drunk: 1 gallon
Goal: 4 gallons

Hours Meditated: 0

Goal: 2

Keep it up, you're on a 2 week streak.

**Time Spent Outside:
30 minutes**

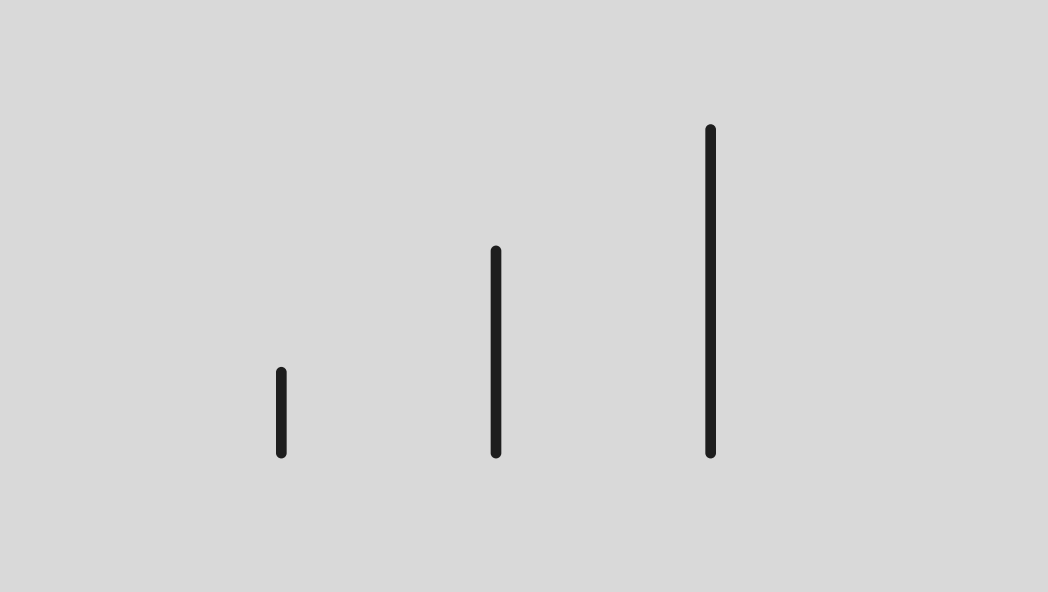
Goal: 1 hour

Try to get an hour of fresh air every day!

Check out the below videos for calming meditation exercises:

Progress View

March							
03	Mo	Tu	We	Th	Fr	Sa	Su
9	26	27	28	29	1	2	3
10	4	5	6	7	8	9	10
11	11	12	13	14	15	16	17
12	18	19	20	21	22	23	24
13	25	26	27	28	29	30	31
14	1	2	3	4	5	6	7

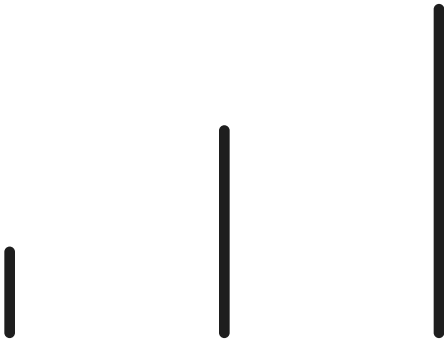


Streaks Progress



Progress Bar

Completion Goal:



Streak Tracking

Edit Reminders

Reset/Pause Habit

Back

Add Goal

**Choose from a list of
Habits below**

Drink 4 cups of water

Walk 5000 steps every day

Eat 2000 calories every day

Meditate for an hour

Or.....

Create Custom Habit

Back

Custom Goal



Habit Message:

**Habit Goal: 10 weeks,
3 per day**

Times to remind:

Back

Reminder Settings

Reminder Type: Daily

MON TUE WED THUR FRI SAT SUN

Days to Remind

Reminder Message

Frequency to Remind:

Time(s) to Remind: