

9:41



Welcome to Balance!

Your all in one lifestyle app
to improve
your physical, mental, and
overall health!

Are you ready to kick off
your self-improvement
journey!

I'm Ready! Let's Go!

First, a few questions to get started....

**Starting with the physical,
select all the activities
are interested in adding to
your lifestyle journey
below:**

Walking

Drinking Water

Flexible Exercises

Next >

**Next up, just as
important as physical
is your mental
health...**

**Select from crucial mental
health activities and
reminders to keep you in
the best mental shape:**

Walking

Drinking Water

Flexible Exercises

Next >

Last up is to set any custom goals you may have...

Create a Custom Goal below based on any unique activities you wish to do, or click Finish to wrap this up

Walking

Drinking Water

Flexible Exercises

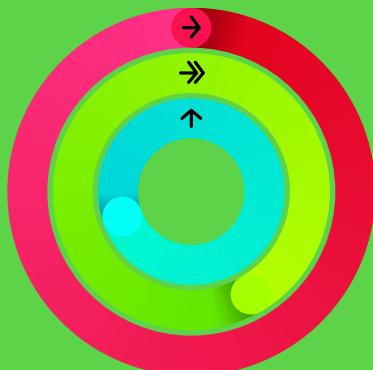
Start my Journey!

9:41



Balance

Today's
Physical
Health



Today's
Mental
Health



Today's
Custom
Goals



Home



Progress



Settings

9:41



Today's Fitness

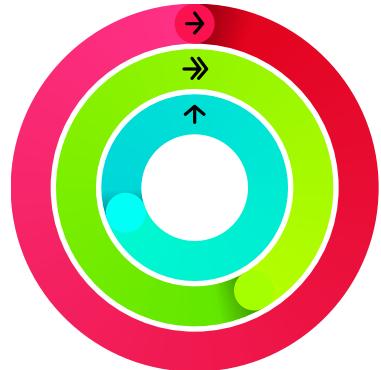
Overview



Move
605/600CAL

Exercise
42/30MIN

Stand
10/6HRS



Steps
8,712

Distance
3.81MI

Goals

Show More

Daily Steps

Walk 5000 steps every day!

8712/5000 Steps today

You have reached this goal!

Daily Goal

Drink Water

Hydration is the key to long-term health!

Drink 4 gallons of water today!

Mark Complete



Daily Goal



Home



Progress



Settings

9:41



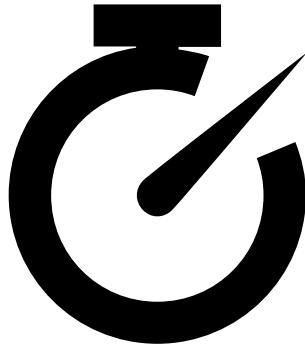
Today's Mental Health

Meditation



Daily Meditation

Listen to some relaxing music or relax in solitude for an hour.



Tap the icon to get started!

25min/1hr remaining

Daily Goal

Daily Meditation

Spend some time disconnected, take an hour to yourself offline!



5 Day Streak!

Mark Complete



Daily Goal

Call a Loved One

Take a moment every month to reach out to a loved one that you haven't spoken to in some time.

Mark Complete



Monthly Goal



Home



Progress



Settings

9:41

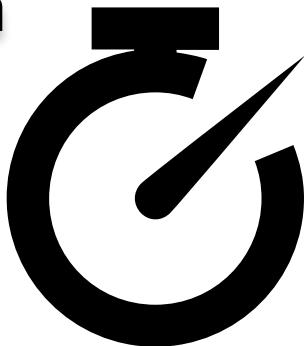


Today's Custom Goals



Go For A Swim

Go to my neighborhood pool and take a swim for a couple hours



Mark Complete

Play Tennis



2 Week Streak!

Go to my neighborhood tennis court and play tennis once a week

Mark Complete

Weekly Goal



Home



Progress



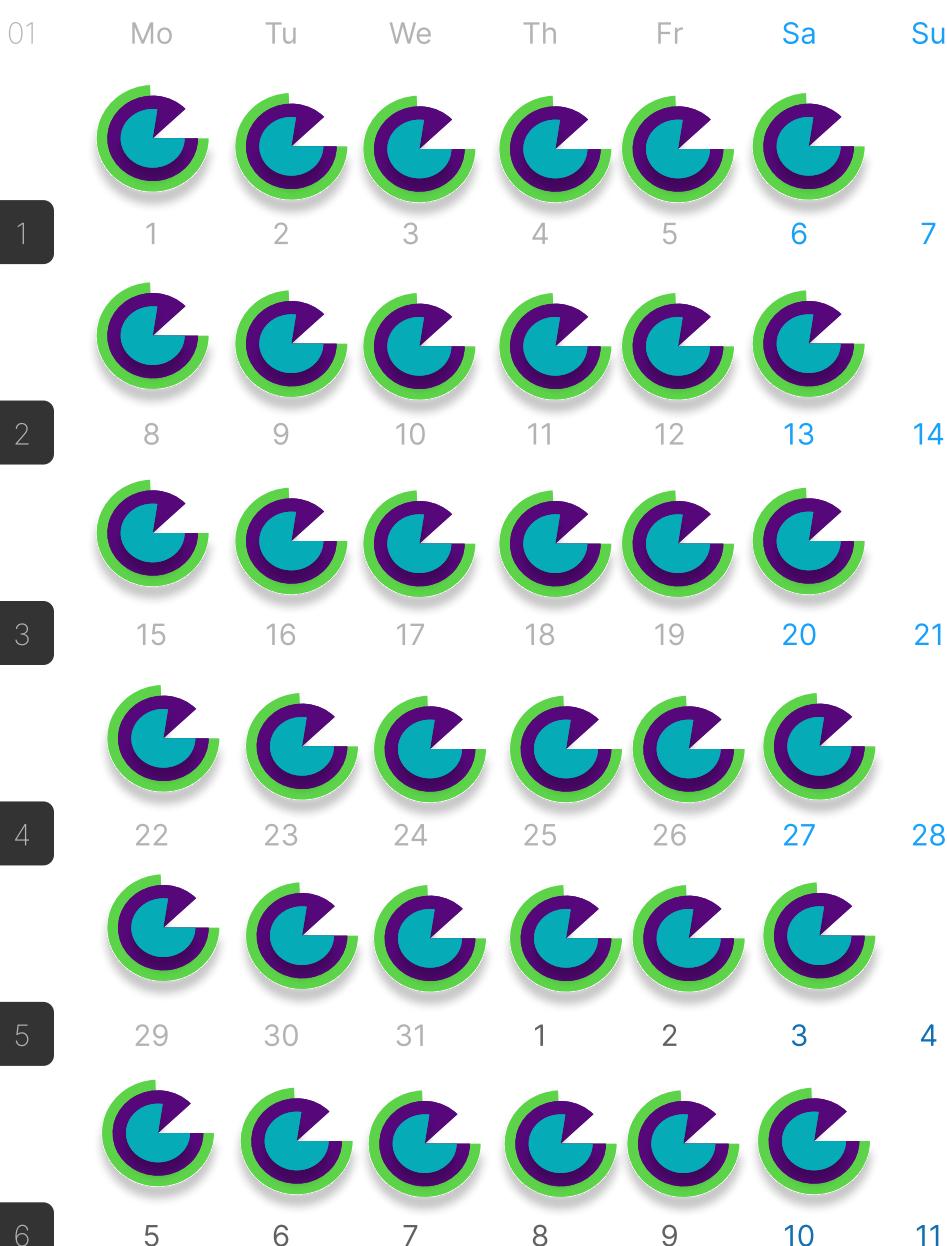
Settings

9:41



Your Progress So Far...

January



9:41



Settings

Profile

-  Notification settings >
-  Streaks settings >

General

- Allow Notifications
-  Clear history >
-  Goal preferences >
-  Advanced settings >

About

-  Privacy policy >
-  Reset all data