Up to this point, the app is basically a more complete prototype, and there's a lot more to do to achieve what I imagine it would be. For the grading purpose I will have to wrap it up and call it good for now, but I'm planning to continue to build it in a way that I can learn more about the necessary steps I need for completing all the features I intend to have. However, I probably won't monetize and ship it as I found tons of similar apps that are published and well-built while I was exploring, which made me decide to focus more on learning.

The app has basic functionalities as well as storage and scalability. Some of the features I want to continue build including:
1. Enhanced account authentication and recovery methods
2. Expand main features of the app to have more short-time exercises (which I'm kind of struggling with as there are only two options I can think of: 1. Guided exercises like breathing but user engagement might be limited; 2. Incorporating external content through API but kind of loses the purpose of in-app exercise)
3. Utilizing health data to create more personalized content through algorithms (which I'm still exploring and one big challenge for now is to have main features that are rich enough to "support" personalization, otherwise it would be limited)