

(features need to be implemented highlighted in red)

main feature:

1. breathing exercise with vibration guidance (customize overall time, inhale, and exhale time)
2. meditation exercise with sound guidance (customize overall time and sound)
3. a prompt to ask user how are they feeling today when login_flag is true

user profile:

1. user name and password
2. email/phone for password recovery
3. different data profile for different user

app settings:

1. day/night mode
2. clear user data
3. turn on/off daily reminder (every 24hr)
4. customize exercise specifications

more feature:

cloud storage

work with healthkit API for personalized recommendations