



GreenGrocery!



GreenGrocery!

Welcome back!
Login to your account



username



password

[Forgot password?](#)

Sign in

[Register](#)



Hi! name, welcome back!



Today's app usage summary



45%



3/5



2 h



1/1

Today's recommendation



[View full recipe](#)

Surprise meditation



[Discover your meditation](#)

Your habits





App control



Take control of your screen time



3h 25 min

- YouTube
- Snapchat
- Facebook

Today's summary



Youtube
3h 25 min

⌵ Block app



Snapchat
2h 56 min

For 1 hour
For 3 hours
For rest of day



Facebook
1h 41 min

⌵ Block app



Messenger
38 min

⌵ Block app



Workout



Types of exercise

Running



Stretching

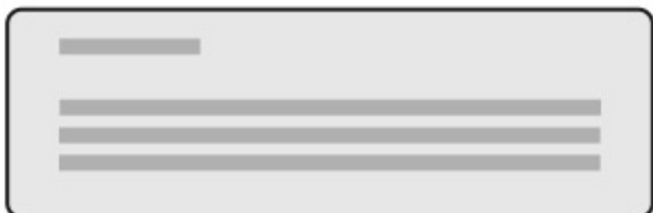
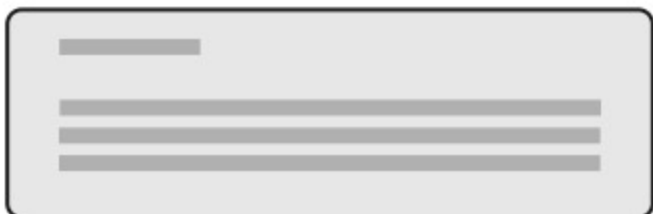


Strength





Forums



Create new forum



1





Surprise meditation



Meditation



10:00





Running

Run



 10:00 



Jump rope



 10:00 





Stretching

Warrior Pose



 10:00 



Uttanasana



Low Longe



High Longe



Hindu Squat



Cobra Pose





Strength

Push Ups



⌚ 10:00 ⬆⬆



Sit Ups



Squads



Burpees



Bridge



Curl





List of meditations

Empty Mind



Countdown





GreenGrocery!

Forgot password?

Don't worry!

Enter your email to receive
password reset instructions.



email address

Reset your password

- or -

Sign in

[Register](#)



GreenGrocery!

Register

Sign up!



email



username



password



confirm password

Sign up

- or -

[Already have an account?](#)



Forum title



Forum title

Forum title

Forum content



Forum title

Forum content



New forum



A Add your title here



Add section

Add text block

Add image

Add link

Add checkbox