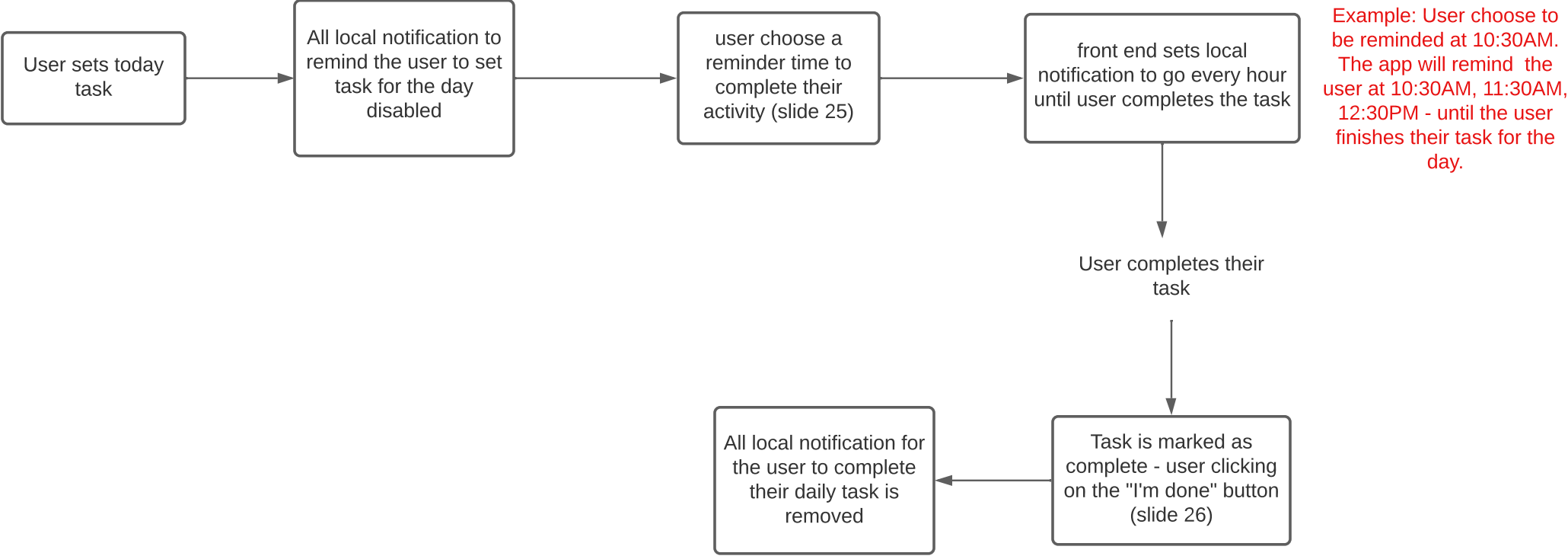
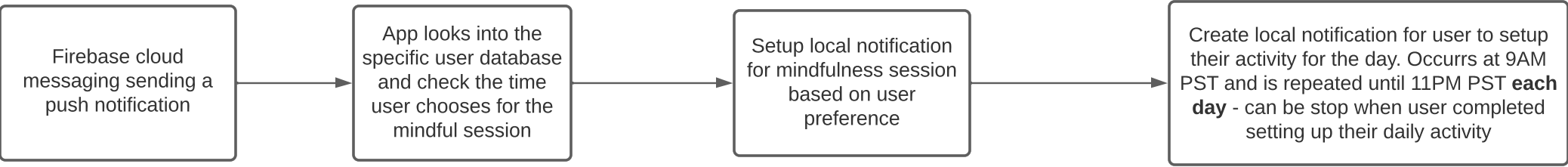


# Daily Activity Completion Reminder Flowchart



# Daily Activity Setup Reminder Flowchart

**\*\* Occurs everyday at 12: 30AM PST timezone**



# Mindfulness session reminders

