MOOD TRACKER

How has your day been?

LOGIN

Email

Password

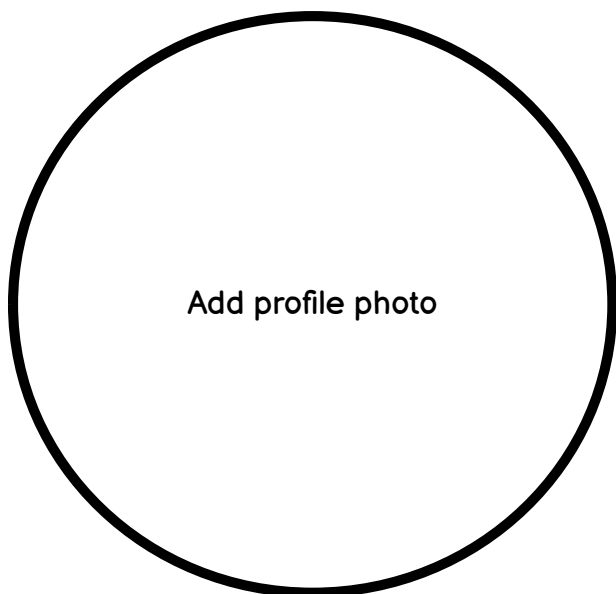Captcha

Au3V

Welcome Back user

Add profile photo

Name

age

Email

Phone

MOOD ENTRY

What is your mood today?

1/3/2022

How many hours
Did you sleep

Amount of hours slept?   8

Meditation

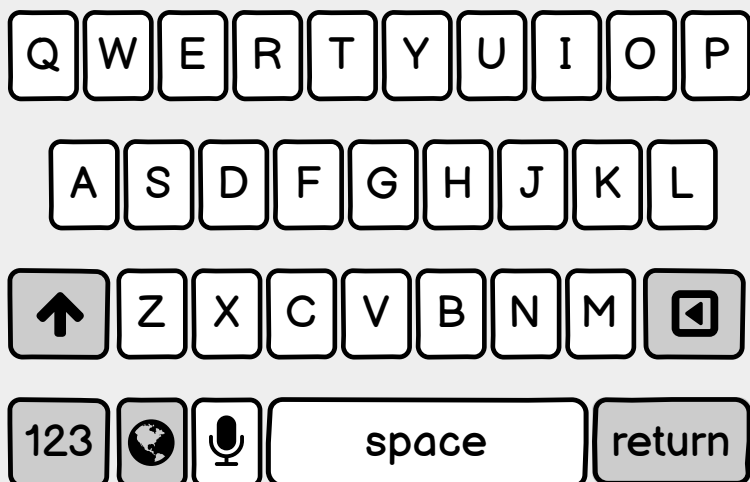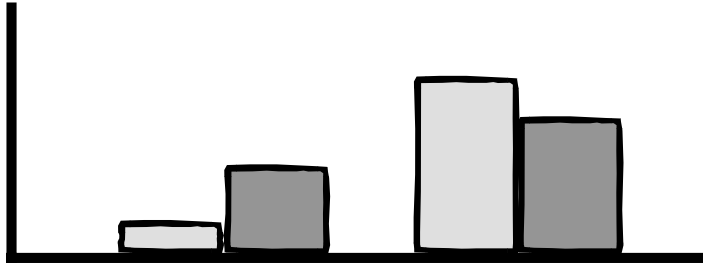Amount of minutes mediated?
9
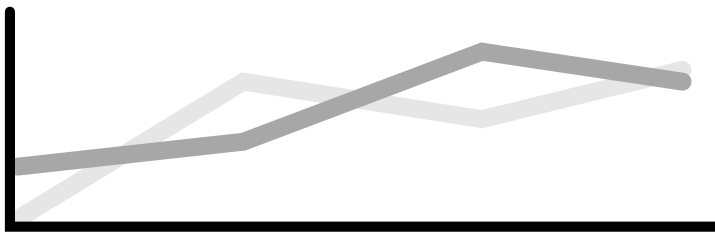
DIARY ENTRY

Statistics

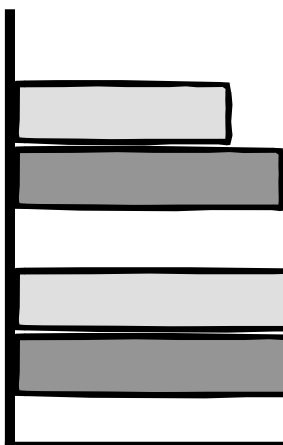⬆ .7 above average

Average sleep   6.5 hours

⬇ .4 below average

Average mood score   6.3

Average meditation

8 minutes

1 min above ⬆

Change week   [/ /] 📅