PELIOS

Enter

12:32 PM

Upload

How Do You Feel Today John?

HAPPY

SAD

ANGRY

NEUTRAL

Charts Settings Forum Diary Activities

12:32 PM

I will upload your statistics and data to our secure cloud as a backup also your clinician can take a look at it to give you the best experience

Terms and Conditions...

Accept

Upload

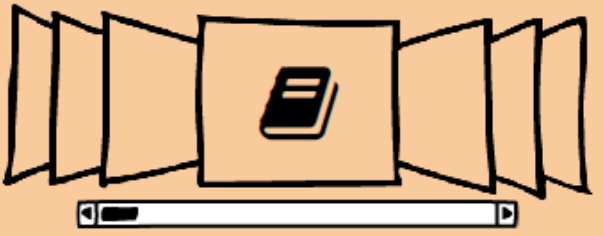
12:32 PM

I will upload your statistics and data to our secure cloud as a backup also your clinician can take a look at it to give you the best experience

Your data has been successfully uploaded

12:32 PM

Here are some of your past entries use the slider or calendar to find a specific entry



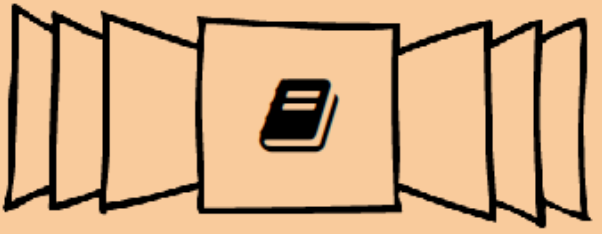
/ /

Select Date

CONFIRM

12:32 PM

Here are some of your past entries



Entry 07/03/2020

Today...

12:32 PM

Here you can tweak some settings and switch your theme up

Theme	
Dark Mode	ON
Song Recommendations	ON
Change User	
Data usage	
Link Spotify	>

12:32 PM

Login with your Spotify account so I can make some really good recommendations

LOG IN WITH FACEBOOK

OR

Username

Password

☑ Remember Me

LOG IN

I'm glad you had a great day do tell me a little bit about it...

Please type here

Edit

/ /

Select Date

"Be happy for this moment. This moment is your life."

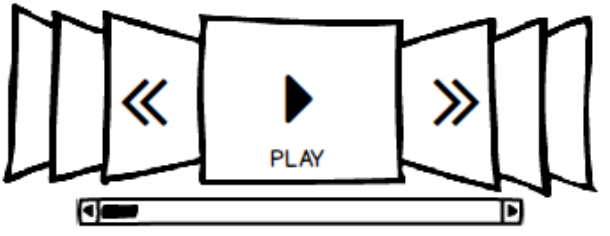
I'm sorry you had a bad day please do share and lets work through it together!

Please type here

Edit

/ /

Select Date



"Sadness is but a wall between two gardens."

Take a few deep breaths and lets talk about it...

Please type here

Edit

/ /

Select Date

PLAY

It's okay to feel like this sometimes, any idea whats causing it?

Please type here

Edit

/ /

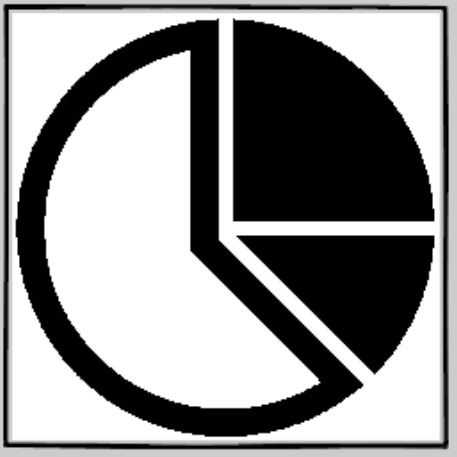
Select Date

PLAY

"Be careful with too much joy, it can make you numb in life."

12:32 PM

I have made a little graph to show you your mood pattern over the last while, lets take a look...



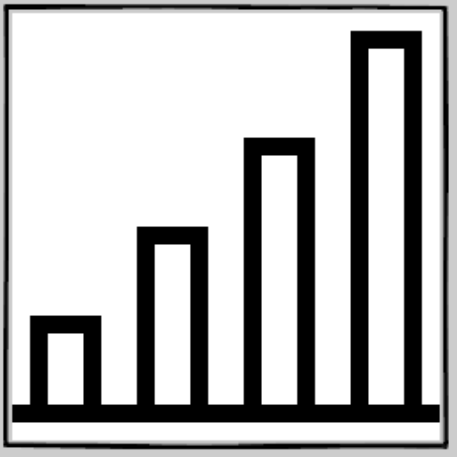
/ /

Select Date

View Bar Chart

12:32 PM

I have made a little graph to show you your mood pattern over the last while, lets take a look...



/ /

Select Date

View Pie Chart

12:32 PM

So what activities have you done today and let me sync it across you other fitness apps to keep track of your progress

Gym

Walking

Running

Gaming

Social

Work

Meditation

Reading

12:32 PM

What did you do in the gym today?

Snatch

Jumping

Benchpress

Curls

Squat

Pushup

Pulldown

Leg Press

Raise

12:32 PM

You can talk to other like minded users on this app in a certified safe space

just work haha but you should do something it's Friday!!!!!!!!!

Friday 15:49

Don't worry I'm at süß

hahah typical

When's GG time?

Yesterday 23:42

Hey

Sorry I didn't reply haha

No gg on the weekend

Ada just came for the first time since you left and her grand daughter was so disappointed that jack is gone 😢

Today 08:43

Awhhhhhhhh

Now you have to get a cat

Delivered

Hahaha

iMessage