<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Mood - Your Mental Health Companion</title>

    <script src="https://cdn.tailwindcss.com"></script>

    <link href="https://fonts.googleapis.com/css2?family=Inter:wght@400;500;600;700&display=swap" rel="stylesheet">

    <script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

    <style>

        body {

            font-family: 'Inter', sans-serif;

            -webkit-font-smoothing: antialiased;

            -moz-osx-font-smoothing: grayscale;

        }

        .app-container {

            max-width: 420px;

            height: 890px;

            box-shadow: 0 10px 40px rgba(0,0,0,0.1);

        }

        .main-gradient {

            background: linear-gradient(160deg, #e0c3fc 0%, #8ec5fc 100%);

        }

        .calm-gradient {

            background: linear-gradient(180deg, #f3e7ff 0%, #e5efff 100%);

        }

        .card {

            background-color: rgba(255, 255, 255, 0.7);

            backdrop-filter: blur(10px);

            border: 1px solid rgba(255, 255, 255, 0.3);

        }

        .nav-icon.active svg {

            color: #3B82F6; /\* blue-500 \*/

        }

         .nav-icon.active span {

            color: #3B82F6; /\* blue-500 \*/

        }

        .screen {

            display: none;

        }

        .screen.active {

            display: flex;

        }

        .mood-emoji {

            transition: transform 0.2s ease-in-out;

        }

        .mood-emoji.selected {

            transform: scale(1.2);

            border: 2px solid #3B82F6;

        }

    </style>

</head>

<body class="bg-gray-200 flex items-center justify-center min-h-screen">

    <!-- App Container -->

    <div class="app-container w-full h-full bg-white rounded-[40px] overflow-hidden flex flex-col relative">

        <!-- ===== Splash Screen ===== -->

        <div id="splash-screen" class="screen active flex-col justify-center items-center calm-gradient w-full h-full p-8 text-center">

            <div class="flex flex-col items-center animate-pulse">

                <span class="text-5xl font-bold text-gray-800">Mood</span>

                <p class="text-gray-600 mt-2">Your mental health companion</p>

            </div>

        </div>

        <!-- ===== Welcome Screen ===== -->

        <div id="welcome-screen" class="screen flex-col justify-between items-center calm-gradient w-full h-full p-8 pt-24 text-center">

            <div class="flex flex-col items-center">

                <div class="w-1/2">

                    <!-- Brain Character SVG -->

                    <svg viewBox="0 0 200 170" xmlns="http://www.w3.org/2000/svg">

                        <g transform="translate(10 10)">

                            <path d="M111.4,26.6c-1.3-1.1-3.6-2.9-4.9-4.3c-2.3-2.5-4.4-5-8.1-6.1c-4.4-1.3-8.2-0.2-12.5,0.8 c-9.9,2.4-19.4,7.2-27.7,13.2c-5.8,4.2-11.3,8.7-17.4,12.7c-5,3.3-10.2,6.1-15.6,8.1c-5,1.9-10,2.9-15.1,3.4 c-4.8,0.5-9.6-0.3-14-2.2c-4.8-2.1-8.3-5.7-10.6-10.2c-1.7-3.3-2.3-7-2.3-10.7c0-2.3,0.3-4.6,0.9-6.8c1.3-4.6,4.1-8.5,8-11.4 c1.3-1,2.8-1.9,4.2-2.7c1.8-1,3.6-1.9,5.5-2.6c3.2-1.2,6.5-1.9,9.9-1.9c4.2,0,8.3,0.9,12.1,2.7c3.2,1.5,6,3.6,8.6,5.9 c2.1,1.8,4.1,3.8,6.2,5.6" fill="none" stroke="#F472B6" stroke-width="3" stroke-linecap="round" stroke-linejoin="round"/>

                            <path d="M165.7,46.9c0-1-0.1-2-0.2-3c-1.1-9.6-6.8-17.7-14.8-22.6c-4.6-2.8-9.8-4.4-15.2-4.4 c-4.5,0-8.9,1-13,2.9c-4.3,2-8.3,4.7-11.7,8.2c-3.7,3.8-6.6,8.2-8.3,13.2c-1.5,4.3-1.9,8.9-1.3,13.4c0.5,3.8,1.8,7.5,3.8,10.8 c2.2,3.6,5.2,6.7,8.8,9c7.4,4.7,16.2,7,25.1,6.2c9.5-0.8,18.3-5.2,24.8-12.2C162.2,60.8,165.7,54.2,165.7,46.9z" fill="#FBCFE8" stroke="#F472B6" stroke-width="3" stroke-linecap="round" stroke-linejoin="round"/>

                            <path d="M123.4,116.7c-1.4,2.5-3.3,4.8-5.7,6.5c-4.4,3.2-9.6,4.9-15,4.9c-5.7,0-11.3-1.9-16.1-5.4 c-6.4-4.6-11.1-11.1-13.2-18.7c-1.8-6.2-1.6-12.7,0.4-18.8c1.7-5,4.6-9.6,8.4-13.2c3.2-3.1,7-5.4,11.2-6.6 c2.9-0.8,5.9-1.2,8.9-1.2c5.9,0,11.6,1.8,16.6,5.1c4.5,3,8.1,7.1,10.4,11.9c2,4.1,3,8.6,2.9,13.2 C129.9,105.1,127.3,111.8,123.4,116.7z" fill="#FBCFE8" stroke="#F472B6" stroke-width="3" stroke-linecap="round" stroke-linejoin="round"/>

                            <path d="M43.7,78.2c-0.3,3.3-1.3,6.5-2.9,9.4c-2.9,5.2-7.5,9.3-13.3,11.5c-5.3,2-11,2-16.3-0.1 c-5.3-2.1-9.7-6-12.3-11.1c-2.4-4.5-3.2-9.7-2.3-14.7c0.8-4.5,3.1-8.7,6.4-12.1c3.1-3.2,7.1-5.5,11.5-6.6 c5-1.2,10.2-0.8,15,1.2c8.2,3.4,14.5,10.2,16.7,18.7C44,70,44.1,74.1,43.7,78.2z" fill="#FBCFE8" stroke="#F472B6" stroke-width="3" stroke-linecap="round" stroke-linejoin="round"/>

                            <line x1="88" y1="90" x2="88" y2="105" fill="none" stroke="#F472B6" stroke-width="3" stroke-linecap="round"/>

                            <line x1="120" y1="55" x2="135" y2="55" fill="none" stroke="#F472B6" stroke-width="3" stroke-linecap="round"/>

                            <line x1="120" y1="62" x2="135" y2="62" fill="none" stroke="#F472B6" stroke-width="3" stroke-linecap="round"/>

                            <line x1="38" y1="75" x2="28" y2="75" fill="none" stroke="#F472B6" stroke-width="3" stroke-linecap="round"/>

                            <line x1="38" y1="82" x2="28" y2="82" fill="none" stroke="#F472B6" stroke-width="3" stroke-linecap="round"/>

                            <path d="M0,135 h20 l5,15 h-30 l5,-15 z" fill="#333"/>

                            <path d="M180,135 h-20 l-5,15 h30 l-5,-15 z" fill="#333"/>

                            <path d="M20,135 c20,-20 120,-20 140,0" fill="none" stroke="#333" stroke-width="4" stroke-linecap="round"/>

                        </g>

                    </svg>

                </div>

                <div class="mt-8">

                    <span class="text-gray-500 font-medium">Mood</span>

                    <h1 class="text-3xl font-bold text-gray-800 mt-2">Your mental health matters</h1>

                    <p class="text-gray-600 mt-4">Start your journey with us.</p>

                </div>

            </div>

            <button onclick="navigateTo('home-screen')" class="w-full bg-gray-900 text-white font-semibold py-4 px-6 rounded-full shadow-lg hover:bg-gray-800 transition">Let's start now</button>

        </div>

        <!-- ===== Home Screen ===== -->

        <div id="home-screen" class="screen flex-col w-full h-full calm-gradient p-6 overflow-y-auto">

            <header class="flex justify-between items-center pt-8">

                <div>

                    <h2 class="text-3xl font-bold text-gray-800">Hi, Olivia</h2>

                    <p class="text-gray-600">How are you doing today?</p>

                </div>

                <div class="w-12 h-12 rounded-full bg-gray-200 overflow-hidden">

                    <img src="https://i.pravatar.cc/100?u=olivia" alt="User Avatar" class="w-full h-full object-cover">

                </div>

            </header>

            <div class="relative mt-8">

                <input type="text" placeholder="Search" class="w-full bg-white/80 py-3 pl-12 pr-4 rounded-full border border-gray-200 focus:outline-none focus:ring-2 focus:ring-blue-400">

                <svg class="w-6 h-6 text-gray-400 absolute left-4 top-1/2 -translate-y-1/2" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M21 21l-6-6m2-5a7 7 0 11-14 0 7 7 0 0114 0z"></path></svg>

            </div>

            <div class="mt-8">

                <h3 class="text-lg font-semibold text-gray-700">Daily mood</h3>

                <div class="flex justify-between mt-4">

                    <div class="mood-emoji flex flex-col items-center space-y-2 p-2 rounded-full" onclick="selectMood(this)">

                        <span class="text-4xl">😡</span>

                    </div>

                     <div class="mood-emoji flex flex-col items-center space-y-2 p-2 rounded-full" onclick="selectMood(this)">

                        <span class="text-4xl">😔</span>

                    </div>

                     <div class="mood-emoji flex flex-col items-center space-y-2 p-2 rounded-full" onclick="selectMood(this)">

                        <span class="text-4xl">😐</span>

                    </div>

                     <div class="mood-emoji flex flex-col items-center space-y-2 p-2 rounded-full" onclick="selectMood(this)">

                        <span class="text-4xl">🙂</span>

                    </div>

                     <div class="mood-emoji flex flex-col items-center space-y-2 p-2 rounded-full" onclick="selectMood(this)">

                        <span class="text-4xl">😄</span>

                    </div>

                </div>

            </div>

            <div class="mt-8">

                <h3 class="text-lg font-semibold text-gray-700">Activities</h3>

                <div class="grid grid-cols-2 gap-4 mt-4">

                    <div class="p-4 rounded-2xl bg-pink-200/80 text-pink-800" onclick="navigateTo('breathing-screen')">

                        <span class="text-3xl">🧘‍♀️</span>

                        <p class="font-semibold mt-2">Yoga</p>

                    </div>

                    <div class="p-4 rounded-2xl bg-blue-200/80 text-blue-800" onclick="navigateTo('expression-screen')">

                        <span class="text-3xl">📓</span>

                        <p class="font-semibold mt-2">Journal</p>

                    </div>

                </div>

            </div>

             <div class="mt-6 card p-4 rounded-2xl">

                <div class="flex items-center justify-between">

                    <p class="font-semibold text-gray-700">Quote of the Day</p>

                    <span class="text-xs text-gray-500">- Winston Churchill -</span>

                </div>

                <p class="text-gray-600 mt-2">"Success is not final, failure is not fatal: it is the courage to continue that counts."</p>

            </div>

            <div class="mt-6">

                <h3 class="text-lg font-semibold text-gray-700 mb-3">Reflecting on your day</h3>

                 <div class="card p-4 rounded-2xl flex items-center space-x-4">

                    <div class="w-16 h-16 rounded-xl bg-purple-200 flex items-center justify-center text-3xl">🎨</div>

                    <div>

                        <p class="font-semibold text-gray-800">How to find balance in life</p>

                        <p class="text-sm text-gray-500">Article • 4 min</p>

                    </div>

                </div>

            </div>

            <div class="h-24"></div> <!-- Spacer for bottom nav -->

        </div>

        <!-- ===== Breathing Screen ===== -->

        <div id="breathing-screen" class="screen flex-col items-center justify-between w-full h-full calm-gradient p-6">

             <header class="w-full flex justify-between items-center pt-8">

                <button onclick="navigateTo('home-screen')" class="p-2 rounded-full bg-white/50"><svg class="w-6 h-6 text-gray-700" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M15 19l-7-7 7-7"></path></svg></button>

                <div class="text-center">

                    <h2 class="text-sm font-semibold text-gray-500">5 minutes</h2>

                    <p class="text-xl font-bold text-gray-800">Breathing meditation</p>

                </div>

                <div class="w-10"></div>

            </header>

            <div class="flex flex-col items-center justify-center flex-grow text-center">

                <div class="w-64 h-64 rounded-full main-gradient opacity-30 relative">

                     <div class="absolute inset-0 flex items-center justify-center">

                        <!-- Meditating Character SVG -->

                        <svg viewBox="0 0 100 100" class="w-48 h-48">

                          <g transform="translate(5,5) scale(0.9)">

                            <path d="M45,20 a5,5 0 1,1 10,0 a5,5 0 1,1 -10,0" fill="#4A5568"/>

                            <path d="M30 40 C 30 30, 70 30, 70 40" fill="#FEEBC8"/>

                            <path d="M35 40 Q 50 50, 65 40" fill="none" stroke="#4A5568" stroke-width="2" stroke-linecap="round"/>

                            <path d="M42 45 a2 2 0 1 1 0.1 0" fill="#4A5568" />

                            <path d="M58 45 a2 2 0 1 1 0.1 0" fill="#4A5568" />

                            <path d="M40 60 H 60" fill="none" stroke="#4A5568" stroke-width="2" stroke-linecap="round"/>

                            <path d="M20 70 Q 50 50, 80 70 L 70 90 H 30 Z" fill="#FBBF24"/>

                            <path d="M30 70 L 10 75" fill="none" stroke="#4A5568" stroke-width="3" stroke-linecap="round"/>

                            <path d="M70 70 L 90 75" fill="none" stroke="#4A5568" stroke-width="3" stroke-linecap="round"/>

                          </g>

                        </svg>

                    </div>

                </div>

                <p id="breathing-text" class="text-2xl font-semibold text-gray-700 mt-8">Inhale...</p>

            </div>

            <div class="flex items-center justify-center space-x-8 mb-12">

                <p id="timer" class="font-mono text-2xl font-semibold text-gray-800">01:34</p>

                <button id="play-pause-btn" class="w-16 h-16 bg-gray-900 text-white rounded-full flex items-center justify-center shadow-lg text-3xl">

                    <svg id="pause-icon" class="w-8 h-8" fill="currentColor" viewBox="0 0 20 20" xmlns="http://www.w3.org/2000/svg"><path fill-rule="evenodd" d="M18 10a8 8 0 11-16 0 8 8 0 0116 0zM7 8a1 1 0 012 0v4a1 1 0 11-2 0V8zm5-1a1 1 0 00-1 1v4a1 1 0 102 0V8a1 1 0 00-1-1z" clip-rule="evenodd"></path></svg>

                    <svg id="play-icon" class="w-8 h-8 hidden" fill="currentColor" viewBox="0 0 20 20" xmlns="http://www.w3.org/2000/svg"><path fill-rule="evenodd" d="M10 18a8 8 0 100-16 8 8 0 000 16zM9.555 7.168A1 1 0 008 8v4a1 1 0 001.555.832l3-2a1 1 0 000-1.664l-3-2z" clip-rule="evenodd"></path></svg>

                </button>

            </div>

        </div>

        <!-- ===== Expression Screen ===== -->

        <div id="expression-screen" class="screen flex-col w-full h-full calm-gradient p-6">

            <header class="w-full flex justify-between items-center pt-8">

                <button onclick="navigateTo('home-screen')" class="p-2 rounded-full bg-white/50"><svg class="w-6 h-6 text-gray-700" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M15 19l-7-7 7-7"></path></svg></button>

                <div class="w-10"></div>

                <button class="p-2"><svg class="w-6 h-6 text-gray-700" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M4 6h16M4 12h16m-7 6h7"></path></svg></button>

            </header>

            <div class="flex-grow flex flex-col pt-8">

                <h2 class="text-2xl font-bold text-gray-800">Your expression</h2>

                <p class="text-gray-600 mt-2">Feel free to jot down whatever comes to mind. We'll go through it together.</p>

                <div class="relative flex-grow mt-6">

                    <textarea id="journal-entry" class="w-full h-full p-4 bg-white/60 rounded-2xl resize-none focus:outline-none focus:ring-2 focus:ring-blue-400" placeholder="Sometimes it feels like no matter what we do, things only get worse."></textarea>

                    <span id="char-count" class="absolute bottom-4 right-4 text-xs text-gray-500">0/240</span>

                </div>

                <button class="w-full bg-white font-semibold py-3 px-6 rounded-full shadow-md mt-6 text-gray-800 flex items-center justify-center">

                    <svg class="w-5 h-5 mr-2" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M19 11a7 7 0 01-7 7m0 0a7 7 0 01-7-7m7 7v4m0 0H8m4 0h4m-4-8a3 3 0 01-3-3V5a3 3 0 116 0v6a3 3 0 01-3 3z"></path></svg>

                    Use voice instead

                </button>

                <button onclick="navigateTo('home-screen')" class="w-full bg-gray-900 text-white font-semibold py-4 px-6 rounded-full shadow-lg mt-4">Continue</button>

            </div>

             <div class="h-24"></div>

        </div>

        <!-- ===== Activities Screen ===== -->

        <div id="activities-screen" class="screen flex-col w-full h-full calm-gradient p-6 overflow-y-auto">

             <header class="flex justify-between items-center pt-8">

                <div>

                    <h2 class="text-3xl font-bold text-gray-800">Your Activities</h2>

                </div>

                <div class="w-12 h-12 rounded-full bg-gray-200 overflow-hidden">

                     <img src="https://i.pravatar.cc/100?u=olivia" alt="User Avatar" class="w-full h-full object-cover">

                </div>

            </header>

            <div class="mt-8">

                <div class="flex justify-between items-center text-center text-sm font-medium text-gray-600">

                    <!-- Dates will be dynamically generated in a real app -->

                    <div class="flex flex-col items-center"><p>Mon</p><p>21</p></div>

                    <div class="flex flex-col items-center bg-blue-500 text-white rounded-full w-8 h-8 justify-center"><p>Tu</p></div>

                    <div class="flex flex-col items-center"><p>Wed</p><p>23</p></div>

                    <div class="flex flex-col items-center"><p>Thu</p><p>24</p></div>

                    <div class="flex flex-col items-center"><p>Fri</p><p>25</p></div>

                    <div class="flex flex-col items-center"><p>Sat</p><p>26</p></div>

                    <div class="flex flex-col items-center"><p>Sun</p><p>27</p></div>

                </div>

            </div>

            <div class="grid grid-cols-3 gap-4 mt-8 text-center">

                <div class="card p-3 rounded-2xl"><p class="font-semibold">😴 8h 34m</p><p class="text-xs text-gray-500">Sleeping Time</p></div>

                <div class="card p-3 rounded-2xl"><p class="font-semibold">🙂 8/10</p><p class="text-xs text-gray-500">Mood Level</p></div>

                <div class="card p-3 rounded-2xl"><p class="font-semibold">🤸 2h</p><p class="text-xs text-gray-500">Activity</p></div>

            </div>

            <div class="card rounded-2xl p-6 mt-8">

                <h3 class="text-lg font-semibold text-gray-700">Physical state</h3>

                <div class="flex items-center justify-between mt-4">

                    <div class="w-32 h-32 relative">

                        <canvas id="physicalStateChart"></canvas>

                        <div class="absolute inset-0 flex items-center justify-center">

                            <p class="text-3xl font-bold text-gray-800">78%</p>

                        </div>

                    </div>

                    <div class="text-sm space-y-3">

                        <div>

                            <p class="font-semibold text-gray-700">Sleep Goal</p>

                            <p class="text-gray-500">8h Target</p>

                        </div>

                        <div>

                            <p class="font-semibold text-gray-700">Last Night</p>

                            <p class="text-gray-500">7.5h Achieved</p>

                        </div>

                        <div>

                            <p class="font-semibold text-red-500">Deficit</p>

                            <p class="text-gray-500">1.5 Missing</p>

                        </div>

                    </div>

                </div>

            </div>

            <div class="mt-8">

                <h3 class="text-lg font-semibold text-gray-700">Activities</h3>

                <div class="flex space-x-4 mt-4 overflow-x-auto pb-2">

                    <div class="flex-shrink-0 p-4 rounded-2xl bg-pink-200/80 text-pink-800 w-28 text-center">

                        <span class="text-3xl">🧘‍♀️</span>

                        <p class="font-semibold mt-2">Yoga</p>

                    </div>

                     <div class="flex-shrink-0 p-4 rounded-2xl bg-blue-200/80 text-blue-800 w-28 text-center">

                        <span class="text-3xl">📓</span>

                        <p class="font-semibold mt-2">Journal</p>

                    </div>

                     <div class="flex-shrink-0 p-4 rounded-2xl bg-green-200/80 text-green-800 w-28 text-center">

                        <span class="text-3xl">🚶</span>

                        <p class="font-semibold mt-2">Walking</p>

                    </div>

                </div>

            </div>

             <div class="h-24"></div> <!-- Spacer for bottom nav -->

        </div>

        <!-- ===== Bottom Navigation ===== -->

        <nav class="absolute bottom-0 left-0 right-0 bg-white/70 backdrop-blur-lg border-t border-gray-200/80 rounded-t-[32px] px-8 py-4">

            <div class="flex justify-between items-center text-gray-500">

                <button onclick="navigateTo('home-screen')" class="nav-icon active flex flex-col items-center justify-center w-16">

                    <svg class="w-7 h-7" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M3 12l2-2m0 0l7-7 7 7M5 10v10a1 1 0 001 1h3m10-11l2 2m-2-2v10a1 1 0 01-1 1h-3m-6 0a1 1 0 001-1v-4a1 1 0 011-1h2a1 1 0 011 1v4a1 1 0 001 1m-6 0h6"></path></svg>

                    <span class="text-xs mt-1">Home</span>

                </button>

                 <button onclick="navigateTo('home-screen')" class="nav-icon flex flex-col items-center justify-center w-16">

                    <svg class="w-7 h-7" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M12 6.253v13m0-13C10.832 5.477 9.246 5 7.5 5S4.168 5.477 3 6.253v13C4.168 18.477 5.754 18 7.5 18s3.332.477 4.5 1.253m0-13C13.168 5.477 14.754 5 16.5 5c1.747 0 3.332.477 4.5 1.253v13C19.832 18.477 18.246 18 16.5 18c-1.746 0-3.332.477-4.5 1.253"></path></svg>

                     <span class="text-xs mt-1">Journal</span>

                </button>

                 <button onclick="navigateTo('activities-screen')" class="nav-icon flex flex-col items-center justify-center w-16">

                    <svg class="w-7 h-7" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 19v-6a2 2 0 00-2-2H5a2 2 0 00-2 2v6a2 2 0 002 2h2a2 2 0 002-2zm0 0V9a2 2 0 012-2h2a2 2 0 012 2v10m-6 0a2 2 0 002 2h2a2 2 0 002-2m0 0V5a2 2 0 012-2h2a2 2 0 012 2v14a2 2 0 01-2 2h-2a2 2 0 01-2-2z"></path></svg>

                     <span class="text-xs mt-1">Stats</span>

                </button>

                 <button onclick="navigateTo('home-screen')" class="nav-icon flex flex-col items-center justify-center w-16">

                    <svg class="w-7 h-7" fill="none" stroke="currentColor" viewBox="0 0 24 24" xmlns="http://www.w3.org/2000/svg"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M16 7a4 4 0 11-8 0 4 4 0 018 0zM12 14a7 7 0 00-7 7h14a7 7 0 00-7-7z"></path></svg>

                     <span class="text-xs mt-1">Profile</span>

                </button>

            </div>

        </nav>

    </div>

    <script>

        const screens = document.querySelectorAll('.screen');

        const navIcons = document.querySelectorAll('.nav-icon');

        const journalEntry = document.getElementById('journal-entry');

        const charCount = document.getElementById('char-count');

        const playPauseBtn = document.getElementById('play-pause-btn');

        const playIcon = document.getElementById('play-icon');

        const pauseIcon = document.getElementById('pause-icon');

        const timerEl = document.getElementById('timer');

        const breathingText = document.getElementById('breathing-text');

        let breathingInterval;

        let timerInterval;

        let isPlaying = true;

        let totalSeconds = 94; // 1:34

        const breathCycle = ['Inhale...', 'Hold...', 'Exhale...', 'Hold...'];

        let breathIndex = 0;

        // --- Navigation ---

        function navigateTo(screenId) {

            screens.forEach(screen => {

                screen.classList.remove('active');

            });

            document.getElementById(screenId).classList.add('active');

            updateNav(screenId);

            // Special handling for screens with animations/charts

            if (screenId === 'activities-screen') {

                renderChart();

            }

            if(screenId === 'breathing-screen'){

                startBreathing();

            } else {

                stopBreathing();

            }

        }

        function updateNav(screenId) {

            navIcons.forEach(icon => {

                icon.classList.remove('active');

                const associatedScreen = icon.getAttribute('onclick').includes('home') ? 'home-screen' : 'activities-screen';

                if(associatedScreen === screenId) {

                    icon.classList.add('active');

                }

            });

        }

        // --- Mood Selection ---

        function selectMood(element) {

            document.querySelectorAll('.mood-emoji').forEach(el => el.classList.remove('selected'));

            element.classList.add('selected');

        }

        // --- Journaling ---

        journalEntry.addEventListener('input', () => {

            const count = journalEntry.value.length;

            charCount.textContent = `${count}/240`;

        });

        // --- Breathing Meditation ---

        function updateTimer() {

            totalSeconds--;

            if (totalSeconds < 0) {

                stopBreathing();

                timerEl.textContent = "00:00";

                return;

            }

            const minutes = String(Math.floor(totalSeconds / 60)).padStart(2, '0');

            const seconds = String(totalSeconds % 60).padStart(2, '0');

            timerEl.textContent = `${minutes}:${seconds}`;

        }

        function updateBreathingText() {

            breathingText.textContent = breathCycle[breathIndex];

            breathIndex = (breathIndex + 1) % breathCycle.length;

        }

        function startBreathing() {

            isPlaying = true;

            playIcon.classList.add('hidden');

            pauseIcon.classList.remove('hidden');

            breathingInterval = setInterval(updateBreathingText, 4000); // Change text every 4 seconds

            timerInterval = setInterval(updateTimer, 1000);

            updateBreathingText();

        }

        function stopBreathing() {

            isPlaying = false;

            playIcon.classList.remove('hidden');

            pauseIcon.classList.add('hidden');

            clearInterval(breathingInterval);

            clearInterval(timerInterval);

        }

        playPauseBtn.addEventListener('click', () => {

            if (isPlaying) {

                stopBreathing();

            } else {

                startBreathing();

            }

        });

        // --- Chart ---

        let physicalStateChart = null;

        function renderChart() {

            const ctx = document.getElementById('physicalStateChart').getContext('2d');

            if (physicalStateChart) {

                physicalStateChart.destroy();

            }

            physicalStateChart = new Chart(ctx, {

                type: 'doughnut',

                data: {

                    datasets: [{

                        data: [78, 22],

                        backgroundColor: [

                            '#FBBF24', // amber-400

                            '#F3F4F6'  // gray-100

                        ],

                        borderColor: [

                           '#FBBF24',

                           '#F3F4F6'

                        ],

                        borderWidth: 1,

                        cutout: '80%',

                    }]

                },

                options: {

                    responsive: true,

                    plugins: {

                        legend: {

                            display: false

                        },

                        tooltip: {

                            enabled: false

                        }

                    }

                }

            });

        }

        // Initial load

        function initializeApp() {

            setTimeout(() => {

                const splashScreen = document.getElementById('splash-screen');

                const welcomeScreen = document.getElementById('welcome-screen');

                if (splashScreen && welcomeScreen) {

                    splashScreen.classList.remove('active');

                    welcomeScreen.classList.add('active');

                }

            }, 2500); // show splash screen for 2.5 seconds

        }

        initializeApp();

    </script>

</body>

</html>