

## Basic Details:

Name: rahul

Age: 23

Gender : Male

DOB : 27/07/2002

## Overall Mood

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Hey your overall mood was neutral

## Suggested activity on Your mood

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Great! Exercise is a great way to feel even more positive and energized. Here are some good exercises you can try: 1. Running or jogging: Running or jogging is a great way to get your heart rate up and is good for both cardiovascular and muscle strength. 2. Circuit Training: Circuit training is a great way to get a good aerobic workout while also targeting different muscle groups. 3. Yoga: Yoga is not just an