

Basic Details:

Name: gaurav

Age: 20

Gender : Male

DOB : 27/07/2002

Overall Mood

Hey your overall mood was neutral

Suggested activity on Your mood

Sure! Here are some suggestions for exercises that can help to boost your mood: 1. Yoga - Yoga can help increase flexibility and promote relaxation, helping you to stay positive and stay in touch with your body. 2. Running - Running has been linked to increased levels of serotonin which can help you to feel more positive. 3. Swimming - Swimming is an excellent form of exercise that can help to boost cardiovascular fitness and burn calories, while