

Login



Username or Email

Continue

or



Continue with Google



Continue with Apple

Log in



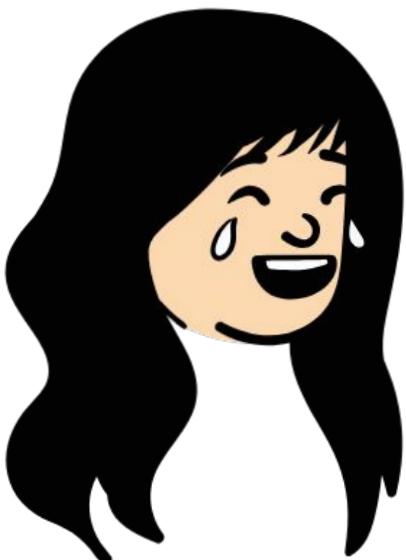
Meditation for 10 min



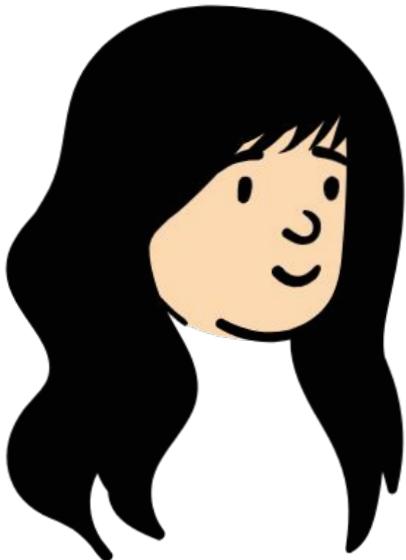


Username

How was your Mood ?



Happy



Relax



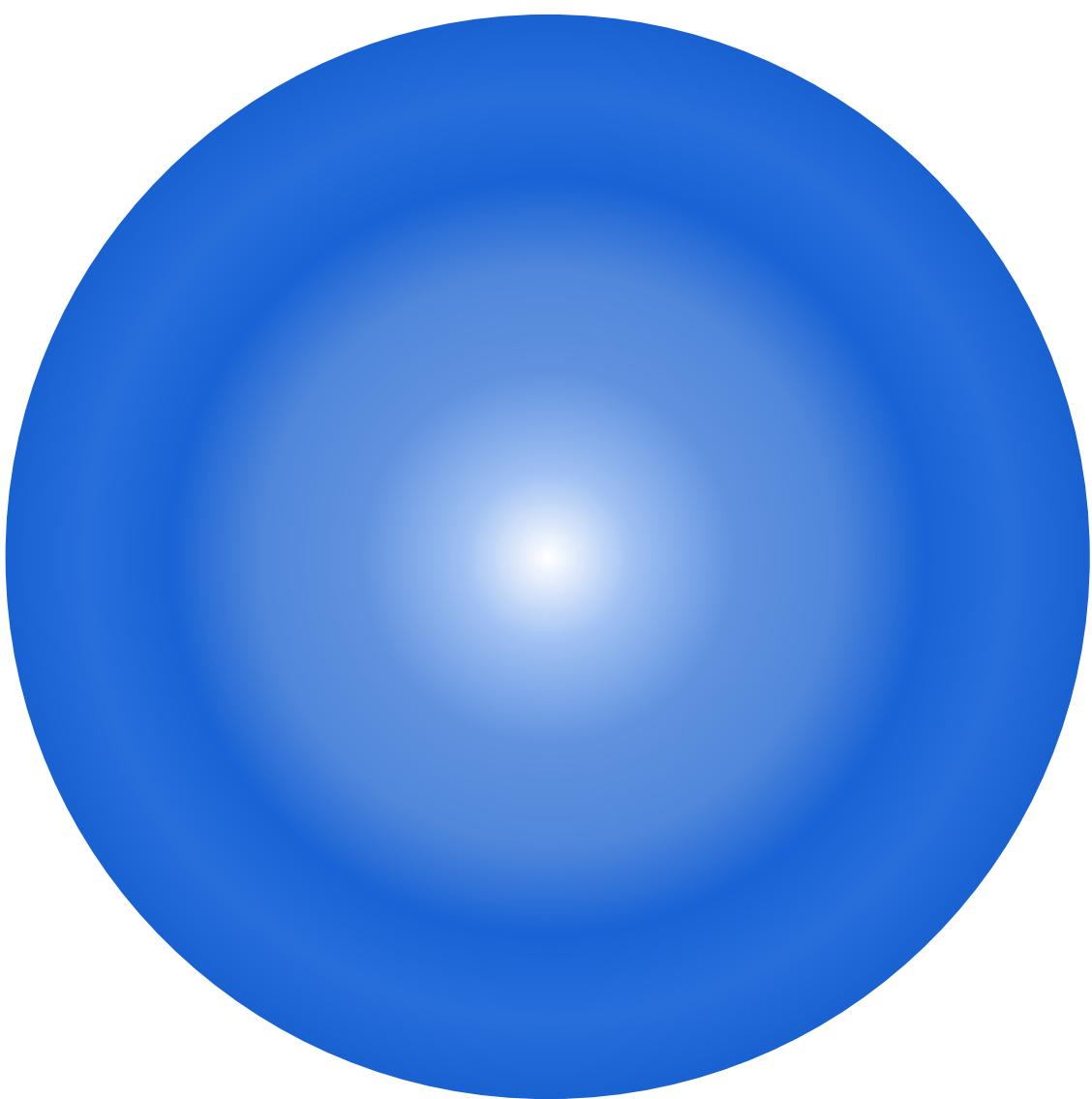
Confuse



Sad



Click on Circle



Relax And Start→



Hello!|

Username

Who you are ?



Girl

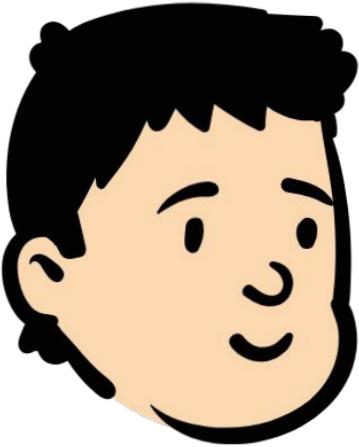


Boy



Username

How was your Mood ?



Happy

Relax



Confuse

Sad



My Activities



Search

Daily

Weekly

Monthly

Yearly

Steps



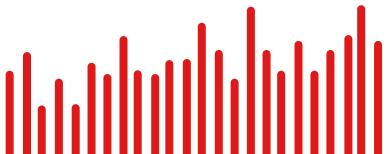
3,810
steps

Sleep



8:00h

Heart



Kcal



375
Kcal

Daily Meals

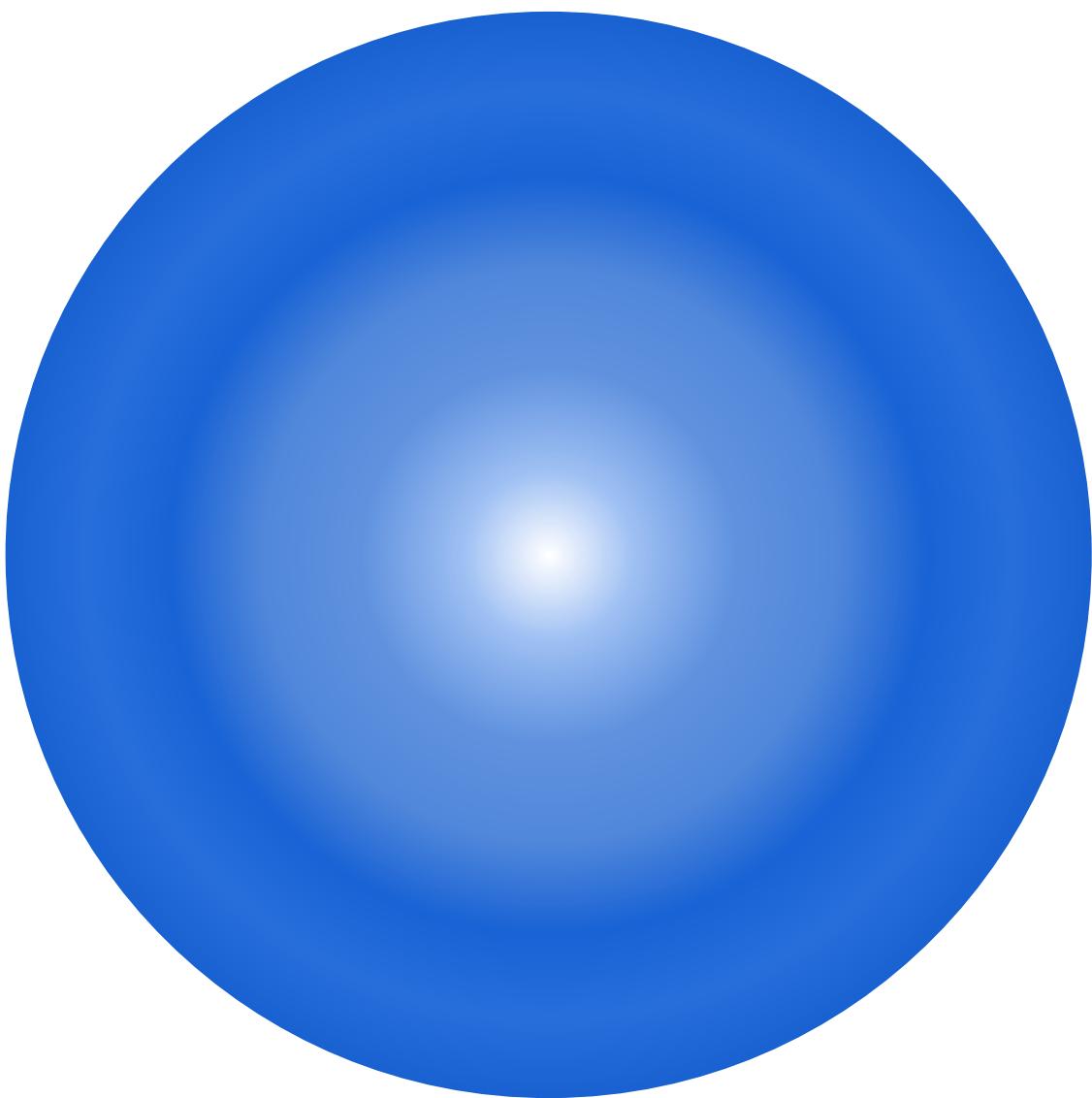


Daily Yoga





Click on Circle



Relax And Start→



Meditation for 10 min





Your Mood from last 5 Days

Sad



Sep



2025



Su Mo Tu We Th Fr Sa

1 2 3 4 5 6

7 8 9 10 11 12 13

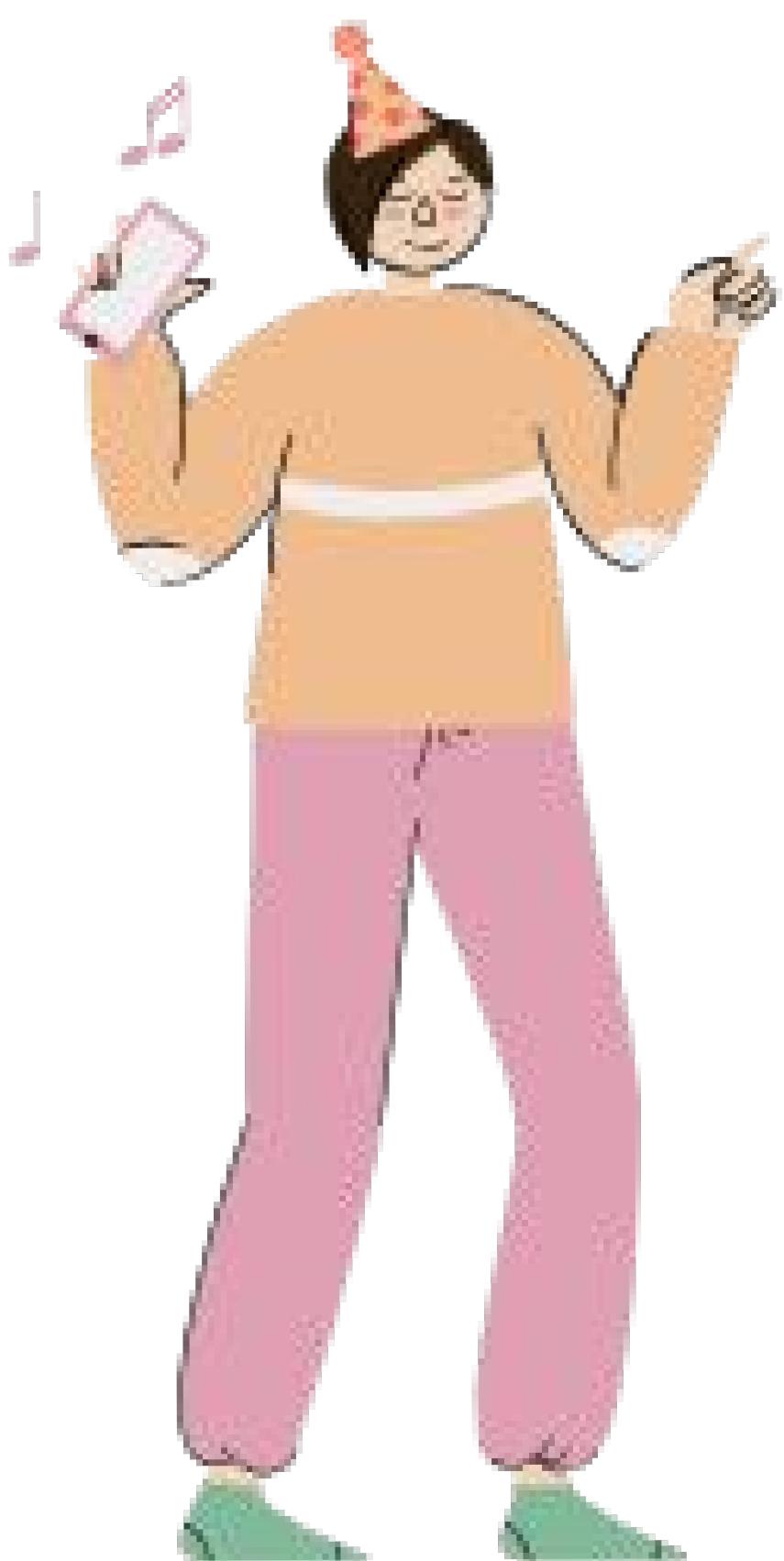
14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 1 2 3 4



**Music and
dance is the
best Therapy**





Your Mood from last 5 Days

Relax



< Sep ▾ 2025 ▾ >

Su	Mo	Tu	We	Th	Fr	Sa
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1	2	3	4	5	6	
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7	8	9	10	11	12	13
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14	15	16	17	18	19	20
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21	22	23	24	25	26	27
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28	29	30	1	2	3	4
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My Activities



Search

Daily

Weekly

Monthly

Yearly

Steps



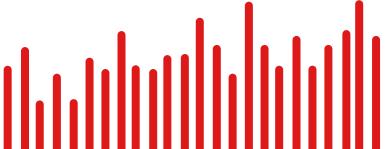
3,810
steps

Sleep



8:00h

Heart



Kcal



375
Kcal

Daily Meals



Daily Yoga

