

Self Care App

Tracker id: 8

| Time Stamp | Value | Note |
|---|-----------------------------------|-------------------|
| 2022-09-19 13:22:32.934726+05:30 | atleast 1 km walk | I am bit tired |
| 2022-09-19 18:10:57.769900+05:30 | climb atleast 3 stories by stairs | yipeee |
| 2022-09-19 18:11:29.684821+05:30 | atleast 30 min gym | Gym was quite far |
| Wed Oct 05 2022 16:47:45 GMT+0530 (India Standard Time) | atleast 1 km walk | I am feeling good |