

# Self Care App

Tracker id: 10

Time Stamp	Value	Note
2022-09-19 13:49:49.901600+05:30	01:00	Feeling nice
2022-09-19 16:42:13.397076+05:30	atleast 45 min yoga	I am feeling good
Wed Oct 05 2022 16:50:13	16:50	I am feeling good
GMT+0530 (India Standard Time)		