



Daily goal: 

Weekly goal: 

New goal:

New Fitness goal

Steps: 4,723/10,000

"Keep your face always toward the sunshine,
and shadows will fall behind you."

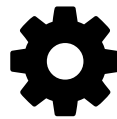
"Meditation Music"



Home Calendar Words Report Settings



FEBRUARY 2022						
S	M	T	W	T	F	S
30	31	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	1	2	3	4	5
6	7	8	9	10	11	12



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Calander

Words

Report

Settings





3 Words GO

"Word one"

Good

Bad

"Word two"

Good

Bad

"Word three"

Good

Bad



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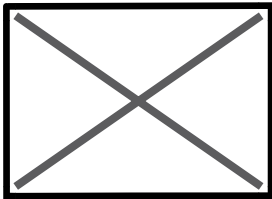
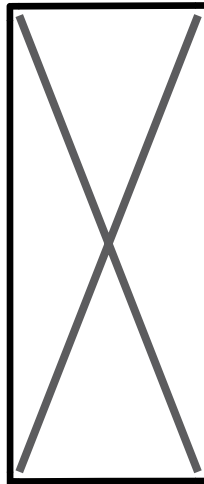
Report

24/28 Daily goals complete.

4/4 Weekly goals complete.

February ▼

Overall mood is up 17% from last month.
WELL DONE !!!!



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Dark mode



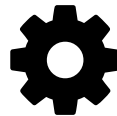
Notifications



Text size



[Clear all data](#)



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