



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"



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MARCH 2022						
S	M	T	W	T	F	S
27	28	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	31	1	2
3	4	5	6	7	8	9

23/28



5/28



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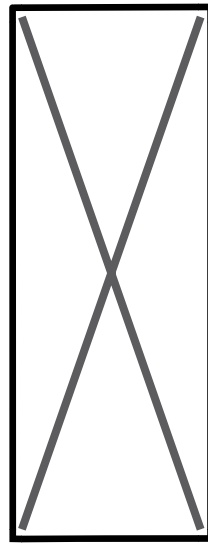
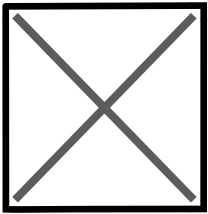
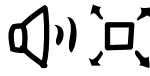
Settings





# Meditaion

"Meditation Music"



Playlist

- "Song 1"
- "Song 2"
- "Song 3"
- "Song 4"
- "Song 5"



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# Report

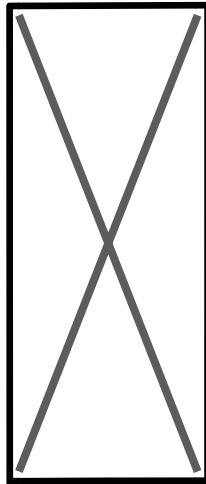
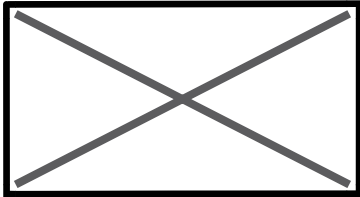
24/28 Daily goals complete.

4/4 Weekly goals complete.

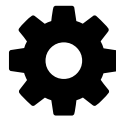
February



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



"Motivational Quote"



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# Settings

Dark mode



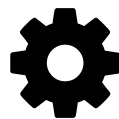
Notifications



Text size



Clear Data



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