





- | | | | |
|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Log
 | Notes
 | Stats
 | Setting
 |
|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|

 Rate your emotions 

Anger

☒ ☒ ☒ ☐ ☐

Fear

☒ ☒ ☒ ☒ ☐

Sadness

☒ ☒ ☒ ☐ ☐

Shame

☒ ☒ ☐ ☐ ☐

Joy

☒ ☒ ☐ ☐ ☐

Interest

☒ ☒ ☒ ☐ ☐





- Log
- Notes
- Stats
- Setting

Rate your lifestyle

Sleep

★ ★ ☆ ☆ ☆

Diet

★ ★ ☆ ☆ ☆

Exercise

★ ★ ★ ★ ☆

Social

★ ★ ☆ ☆ ☆

Health

★ ★ ☆ ☆ ☆



Family

★ ★ ★ ★ ☆





- | | | | |
|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Log
 | Notes
 | Stats
 | Setting
 |
|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|



Is there anything worrying you right now?

Are you grateful for anything today?







Log



Notes



Stats



Setting



Diary entries



23/02/2020

I'm really stressed about college. I'm worried I won't pass my exams

22/02/2020

I'm really grateful for my family and friends right now. Sometimes I forget how





- Log
- Notes
- Stats
- Setting

Read dairy entries ✓

About

From



to





Wi-Fi signal, cellular signal bars, battery icon, 20:45

Log



Notes



Stats



Setting



23/02/2020

Handwritten text (scribbles) inside a note box





Log

Notes

Stats

Setting

✓

Show graph comparison

Compare

Joy

▼

and

Sleep

▼

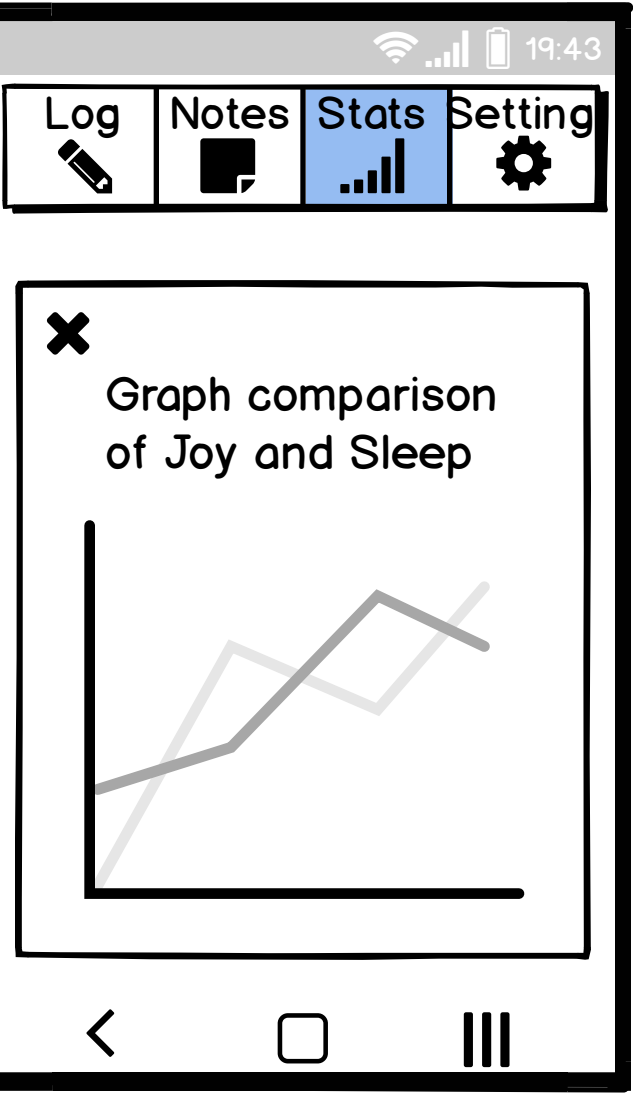
From

//

to

//

<





19:43

Log



Notes



Stats



Setting



Change font size



pick an emoji



Choose background



Set notification time

20 : 00

