



NEUROMIND PRO


Advanced Cognitive Assessment & Enhancement Platform

 Dashboard

 Daily Check-In

 Brain Games

 Mindfulness

 Yoga & Stretch

 EEG Analysis

 Progress

 Settings

Cognitive Health Dashboard



87%

Memory Health

6.8h

Avg. Sleep



74%

Stress Level



28

Current Streak

Daily Recommendations

Physical Activity

Today: **30 min brisk walk**

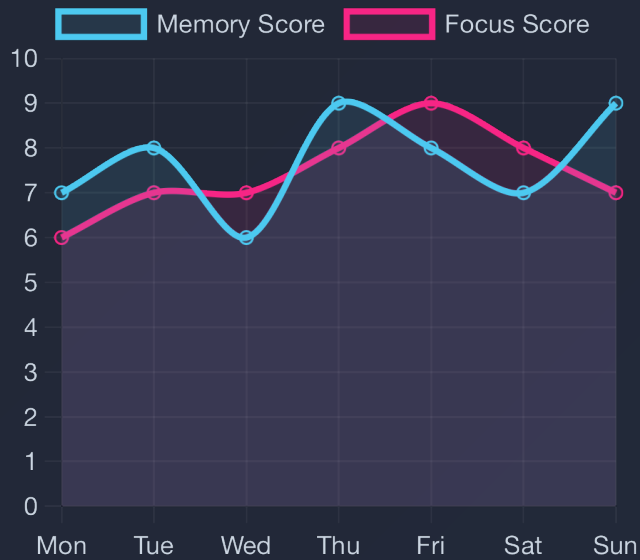
Your activity level is 18% below optimal. Aim for at least 8,000 steps today.

Nutrition

Focus on: **Omega-3 rich foods**

Consider adding salmon or walnuts to your meals for brain health benefits.

Cognitive Trends



Recent Activity

Memory Game

Completed level 5 with 92% accuracy
Today at 10:30 AM

Daily Check-in

Mood: 8/10 | Focus: 7/10 | Memory: 6/10
Today at 8:15 AM

