

Food + Nutrition

Sleep + Fitness

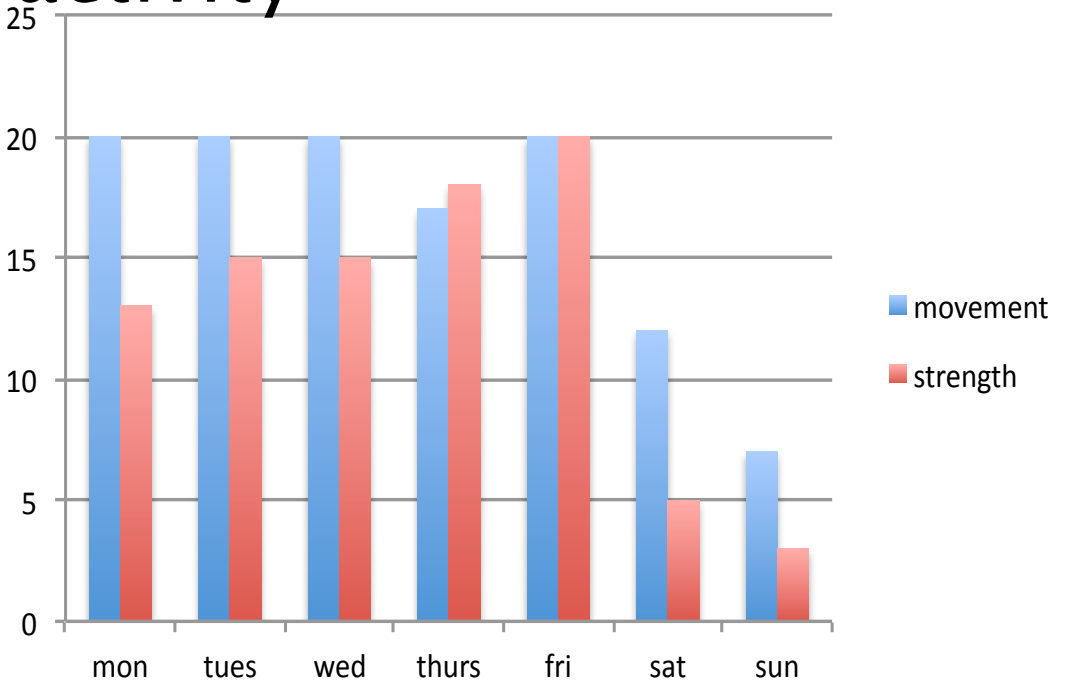
Electricity

Gas

£ Spending

Phone/Net

# activity



27/25 min

2523/5200 steps

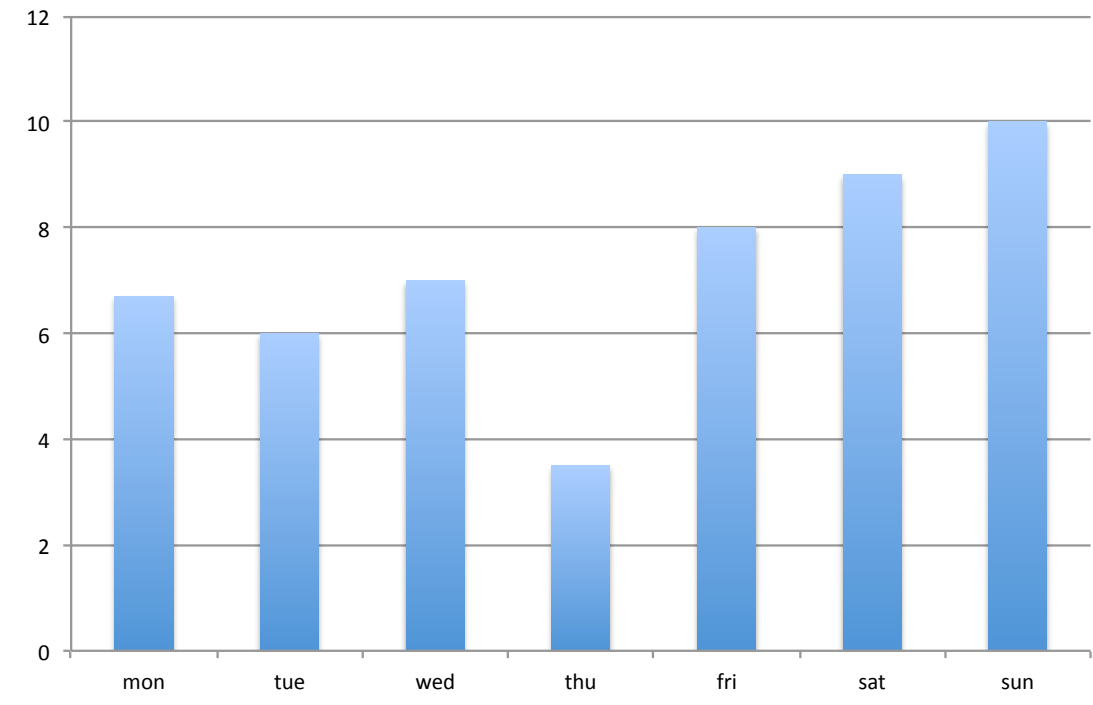
3/5 sets (15 reps)



+ add stream

fitness score calculator

# sleep



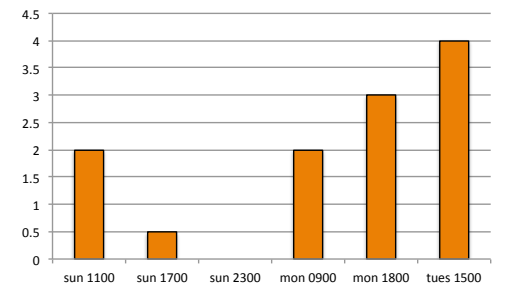
7.1 hr / 8hrs per night

6.2 week – 9 weekend



# how do i feel?

now		
tues 15:00	little tired	4
mon 18:00	sore throat, headache	3
mon 09:00	sore throat	2
sun 22:00	headache, weak, chills	0
sun 17:00	sore throat, minor fever	2
sun 09:00	coming down with sore throat	2



how do I feel score calculator