

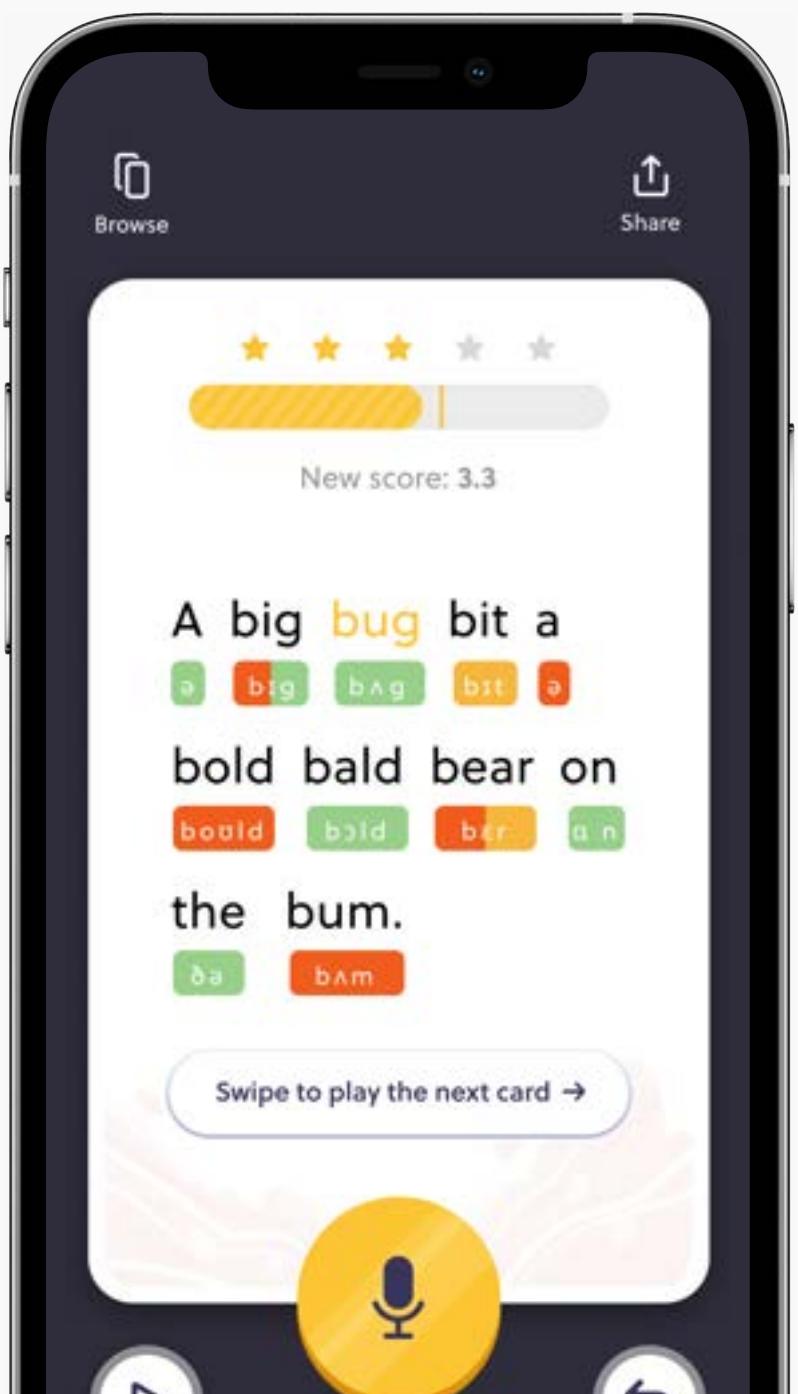
Namika is a San Francisco based Brand Designer.

With over 10 years of experience in product, branding, and communication design.
I'm currently working for All Turtles, a fully distributed product studio.

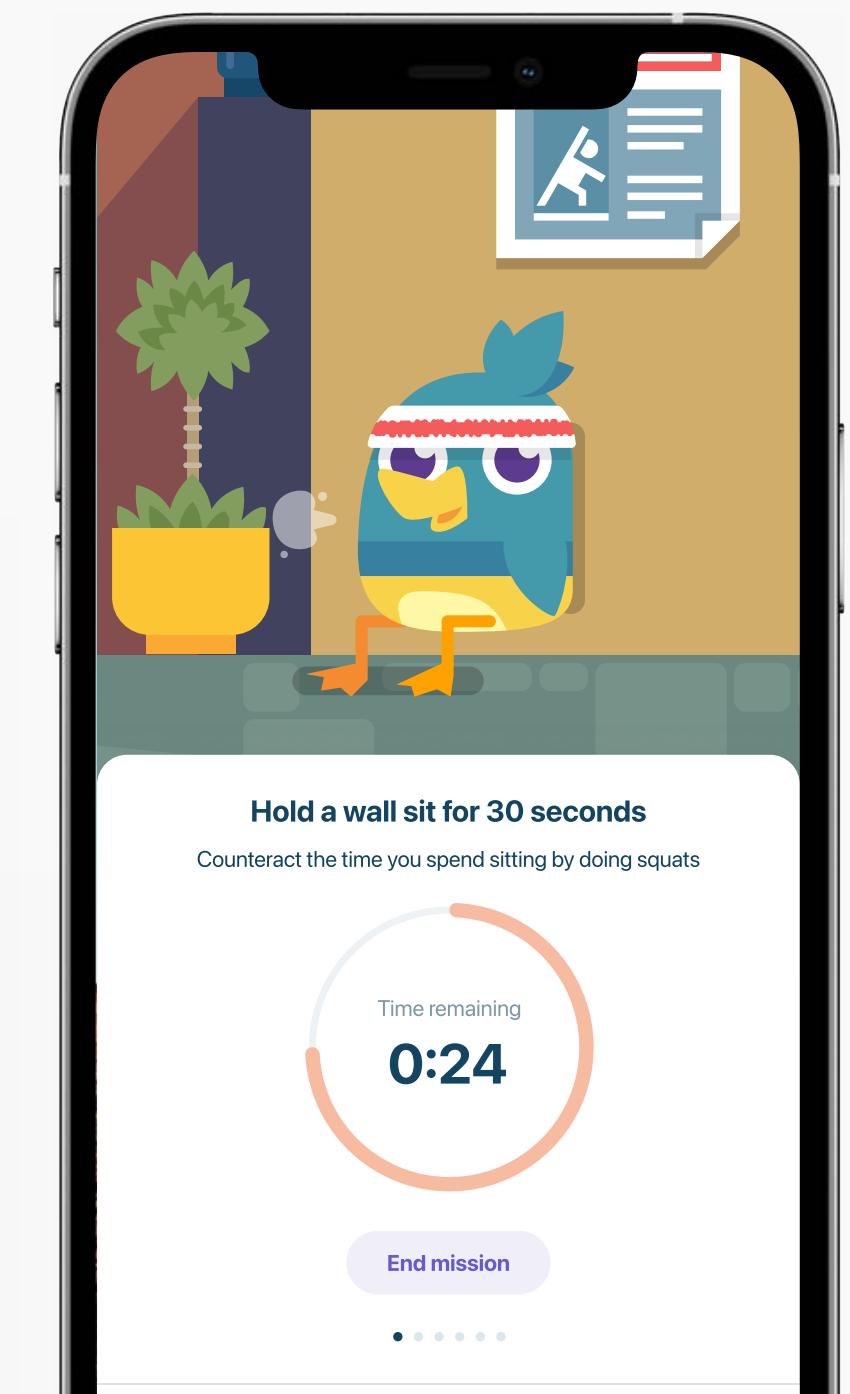
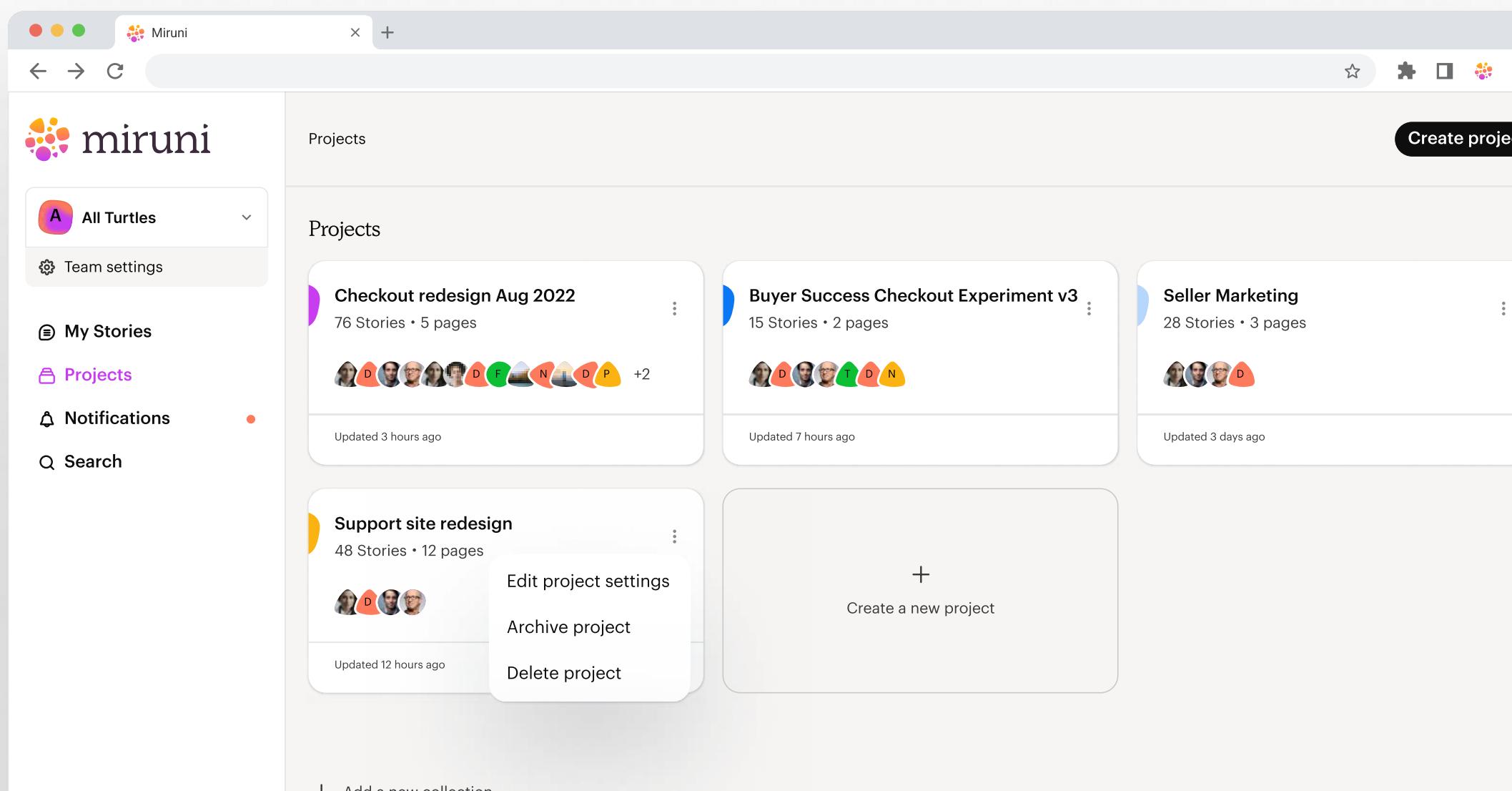
MY PASSION

To intertwine brand and product design seamlessly

Twisty Tongue



miruni



EXPERIENCE AS A BRAND DESIGNER

2018



Kipp

Financial app

Brand Identity
Brand Guideline
Visual Design

2020

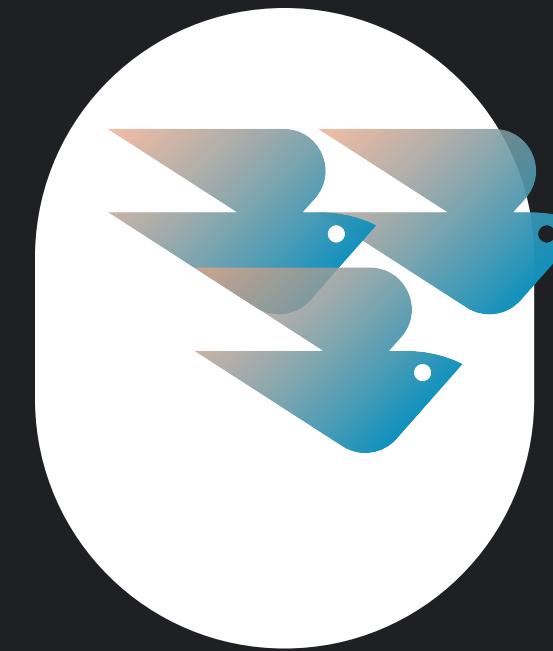


Vitally

Healthcare habit
modification app

Visual Identity
Visual Design

2022



Sora Union

Globally distributed
creative partner

Brand Identity

2022



Miruni

Visual feedback tool

Brand Identity
Brand Guideline
Design System
Visual Design

2020-2023



mmhmm

Video call app

Marketing website
Visual Design
Swag

EXPERIENCE AS A PRODUCT DESIGNER

2016



LiBzCAREER

Job search marketplace

Redesign
Growth

2017



Laughly

Comedy streaming iOS app

Browse

2017



Wonolo

On-demand staffing mobile app

Redesign Android app

2017



Finery

Wardrobe operating system

Dashboard renewal

2019

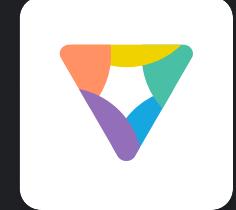


Twisty Tongue

Edutainment iOS app

Prototyping
Visual design

2019-2021



Vitally

Healthcare iOS app

Concept prototype

2022



Miruni

Visual feedback tool

Browser extension

Prototyping

Growth

2022



Cloaked

Generating identity app

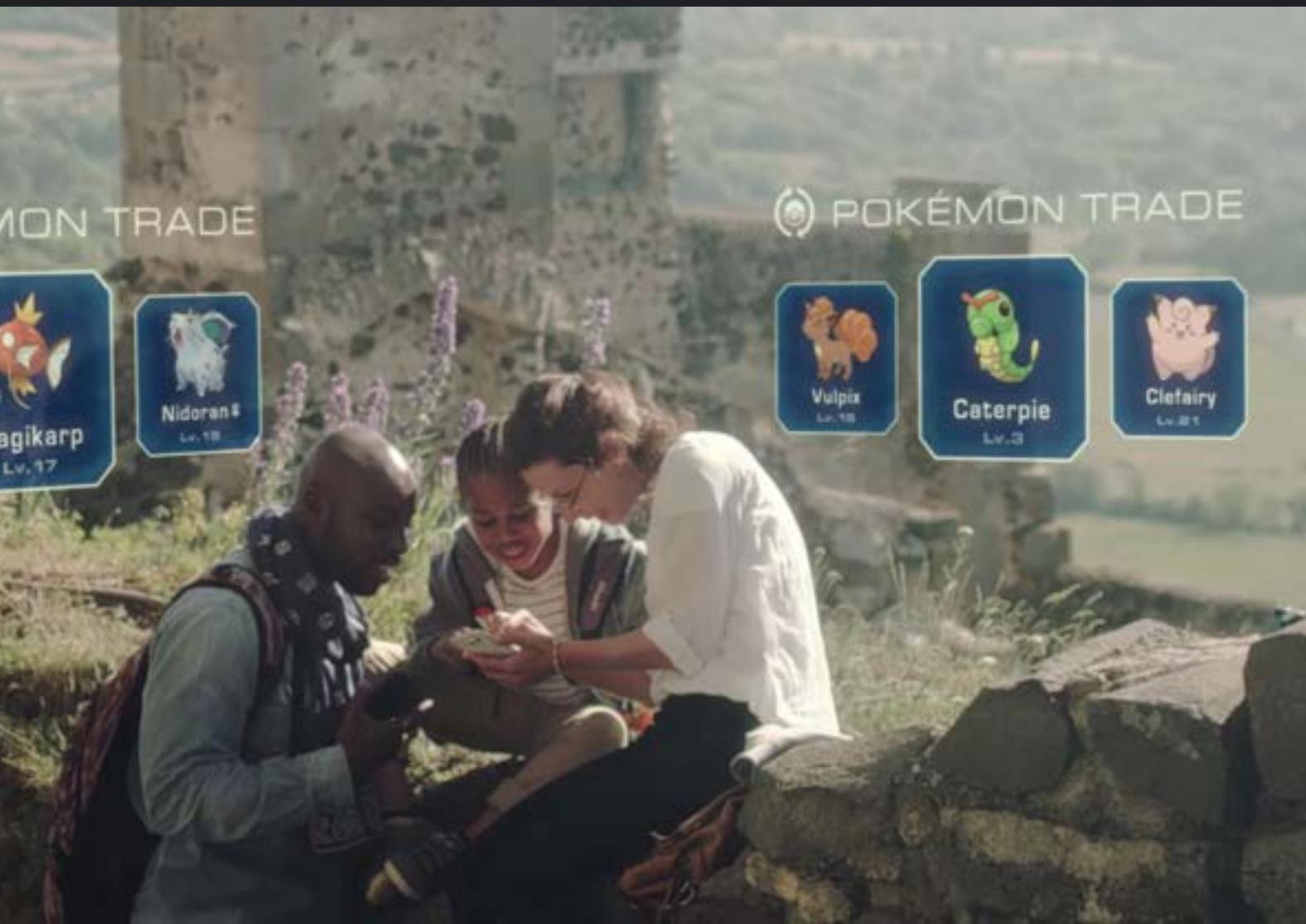
Mobile onboarding

Prototyping

MY EARLY EXPERIENCE WAS

Communication & UI design for branded content

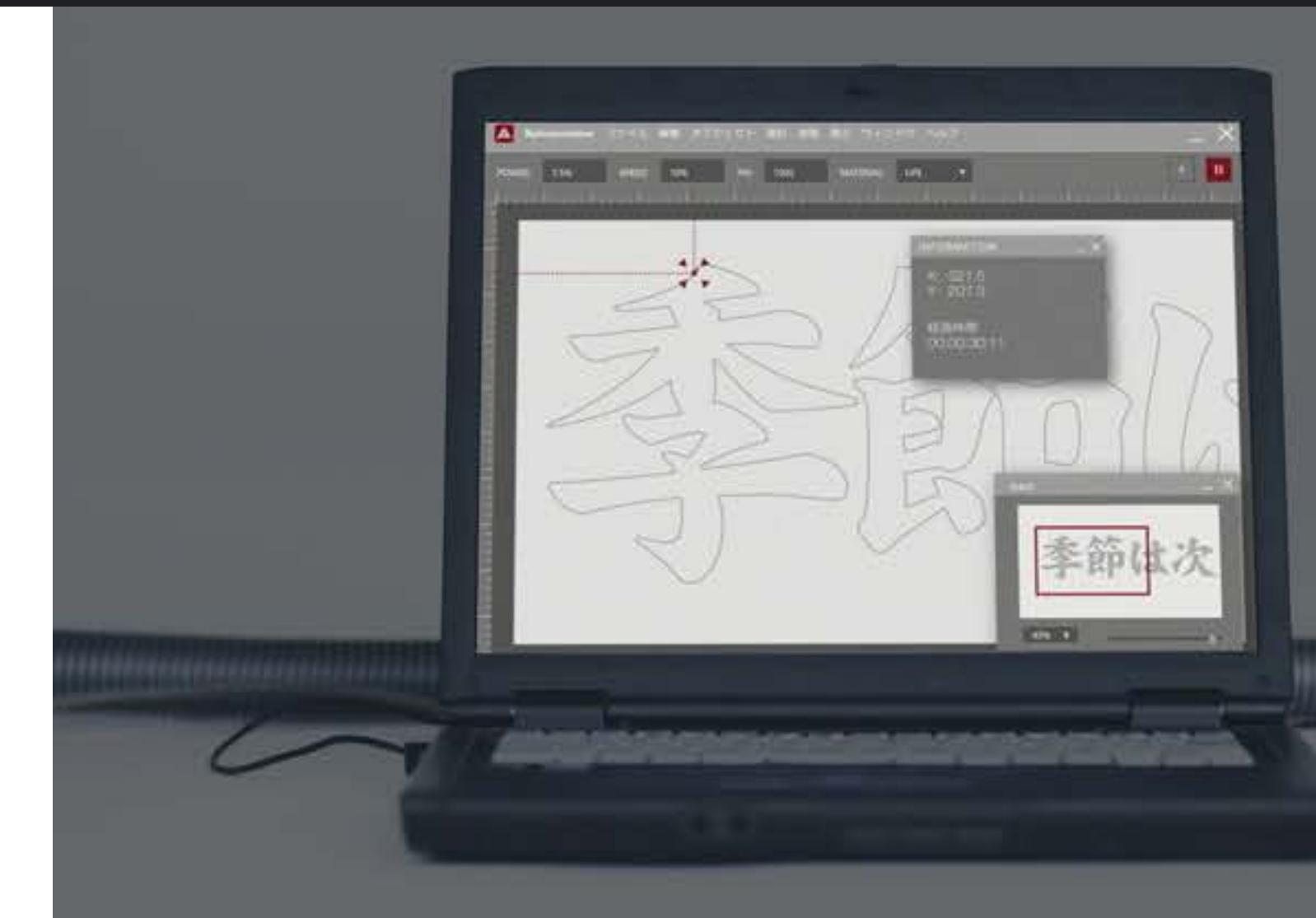
Pokémon GO



Google Play



Music Video



I'M ALSO A

Published book author

“How might we learn English
as a designer?”

デザイナーの英語帳

was published in 2020 and helps Japanese
designers learn English. It was also translated and
published in Korea and is read by English speakers
who want to learn Japanese as well.



ON THE SIDE

Creating patterns

I was featured on [Figma Blog](#).

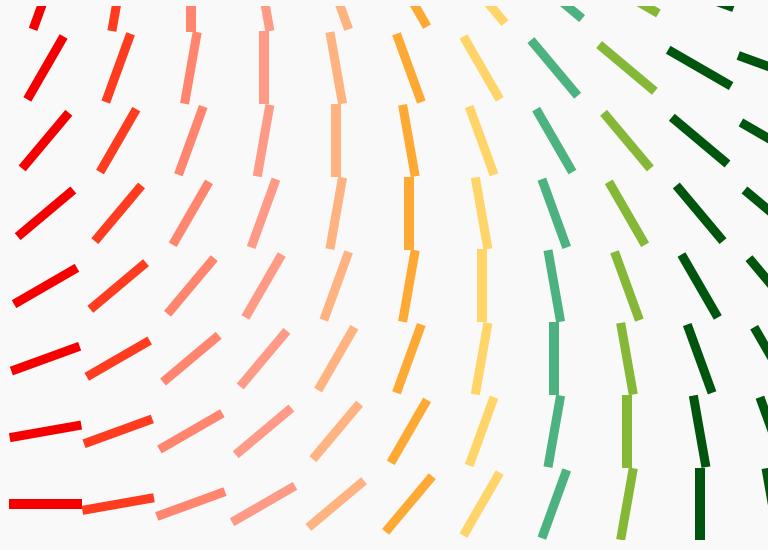


MY DESIGN PRINCIPLES



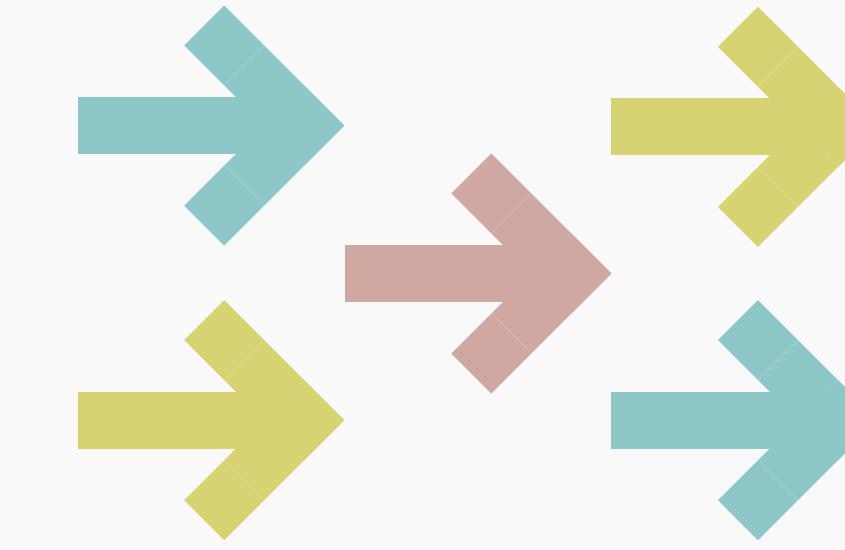
Never work alone

I collaborate cross-functionally with product managers, engineers, user researchers, stakeholders, and fellow designers. My commitment to sharing work early and regularly encourages insightful feedback and productive discussions.



Be a visual thinker

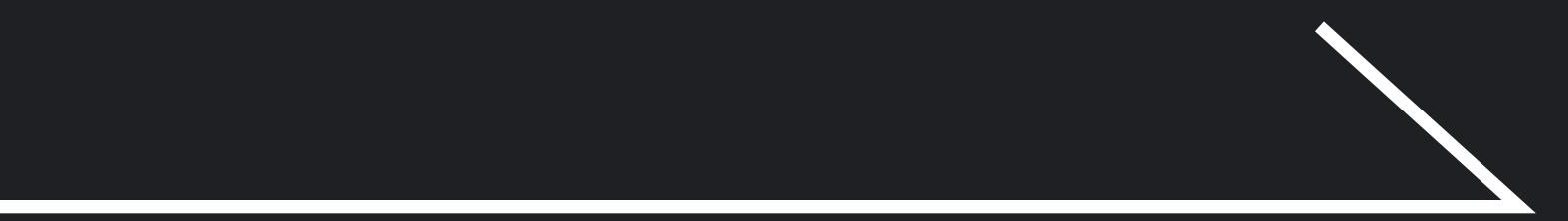
I transform complex ideas into comprehensible visuals, facilitating progression and discussions. My exploration of various visual paths and information architecture patterns has been invaluable in my work.



Be practical

Staying realistic about the scope of work is central to my approach. I maintain a focus on creating clean, consistent designs. My contributions to design systems not only foster consistency across brands and products but also enhance overall efficiency.

SAMPLE WORK



Miruni

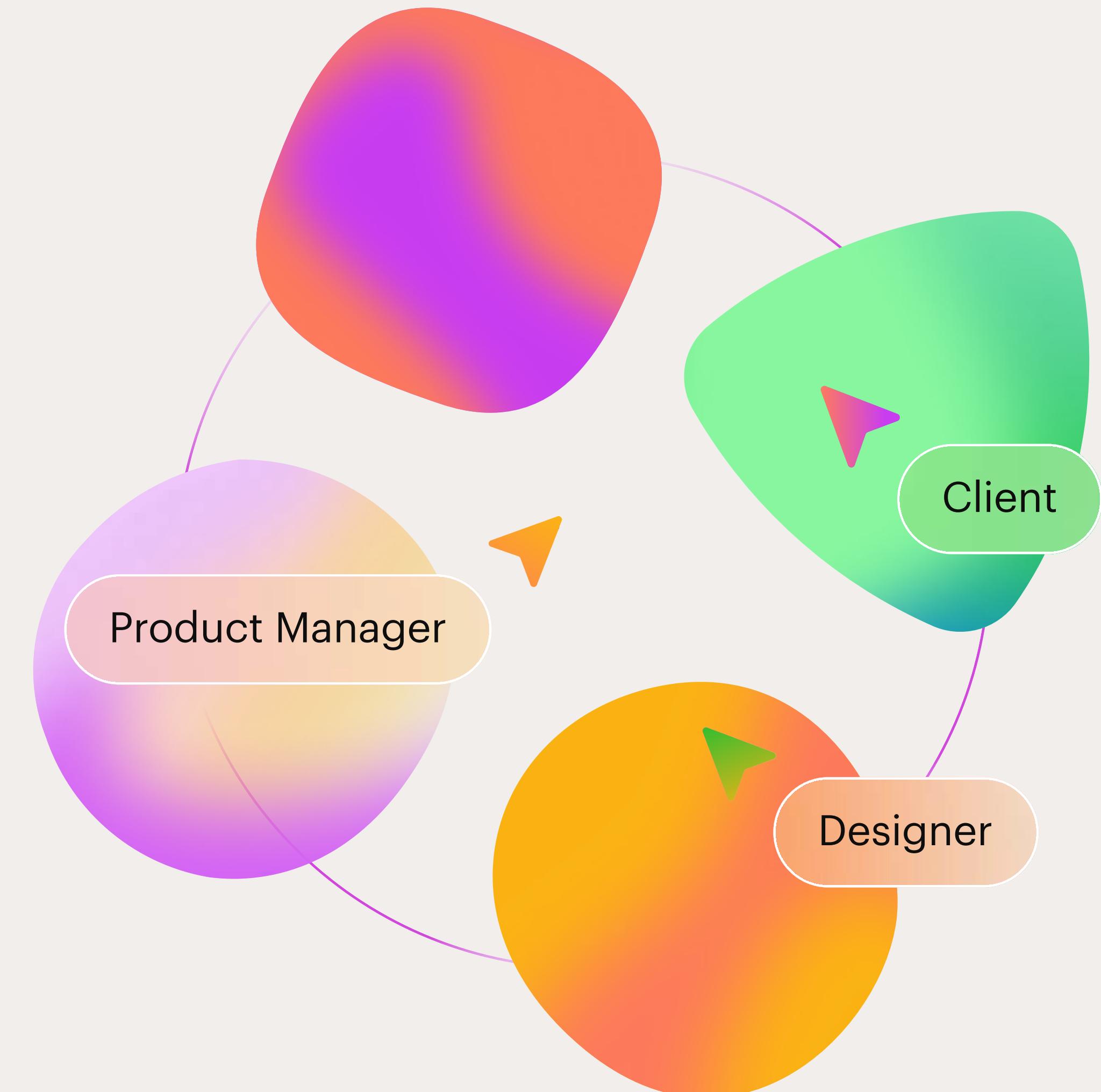
Miruni is a collaborative tool that helps teams seamlessly submit and resolve visual feedback, bugs, and ideas on any web software. No clumsy screenshots, spreadsheets, or code installation required.

ROLE
Senior Brand & Product Designer

YEAR
2022

TEAM
Brand Design Director @All Turtles
Brand Designer @All Turtles

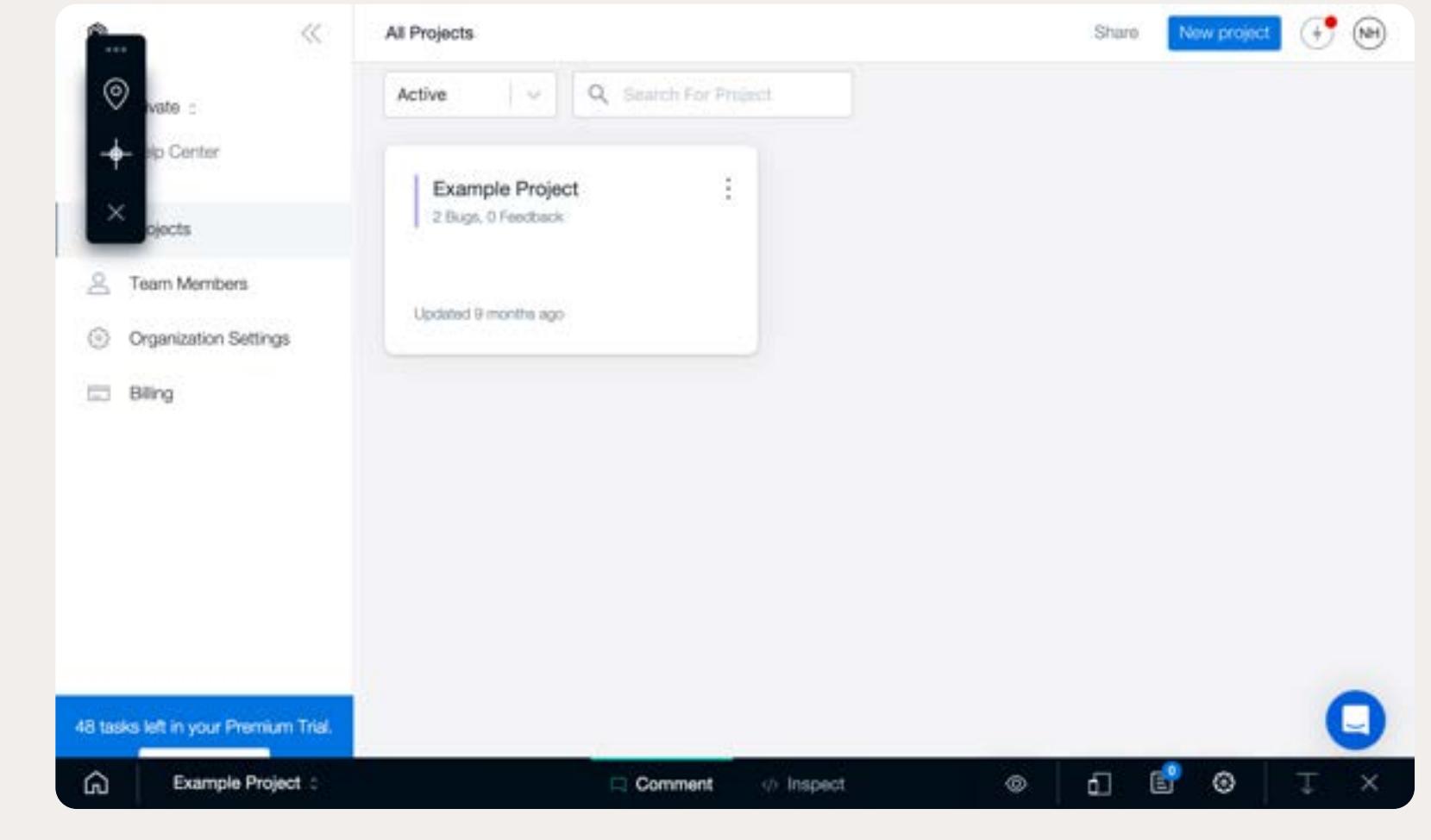
DELIVERABLES
Brand Guidelines
Design System
User flow
Mockups
Visual design
Prototype



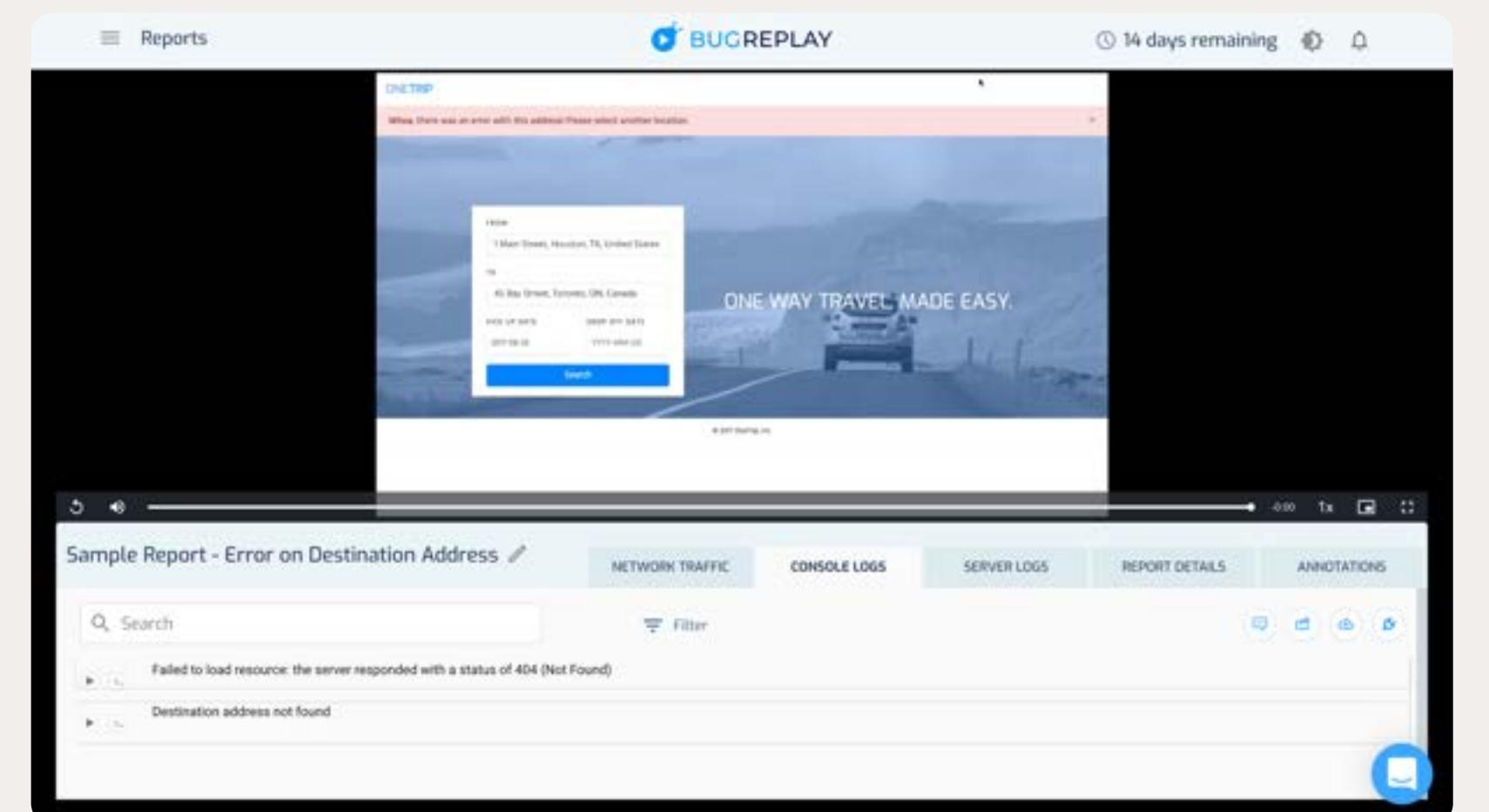


Built a new brand by turning the best of existing products Toybox and BugReplay—into a new experience

Toybox and BugReplay joined forces to rebrand, design, and build Miruni with a new vision.



+



Naming + Identity

The Miruni identity is based on the concept of a 'pane of glass.'

Miruni's name is derived from murrine, the process of layering individual strands of glass to create beautiful patterns and images.

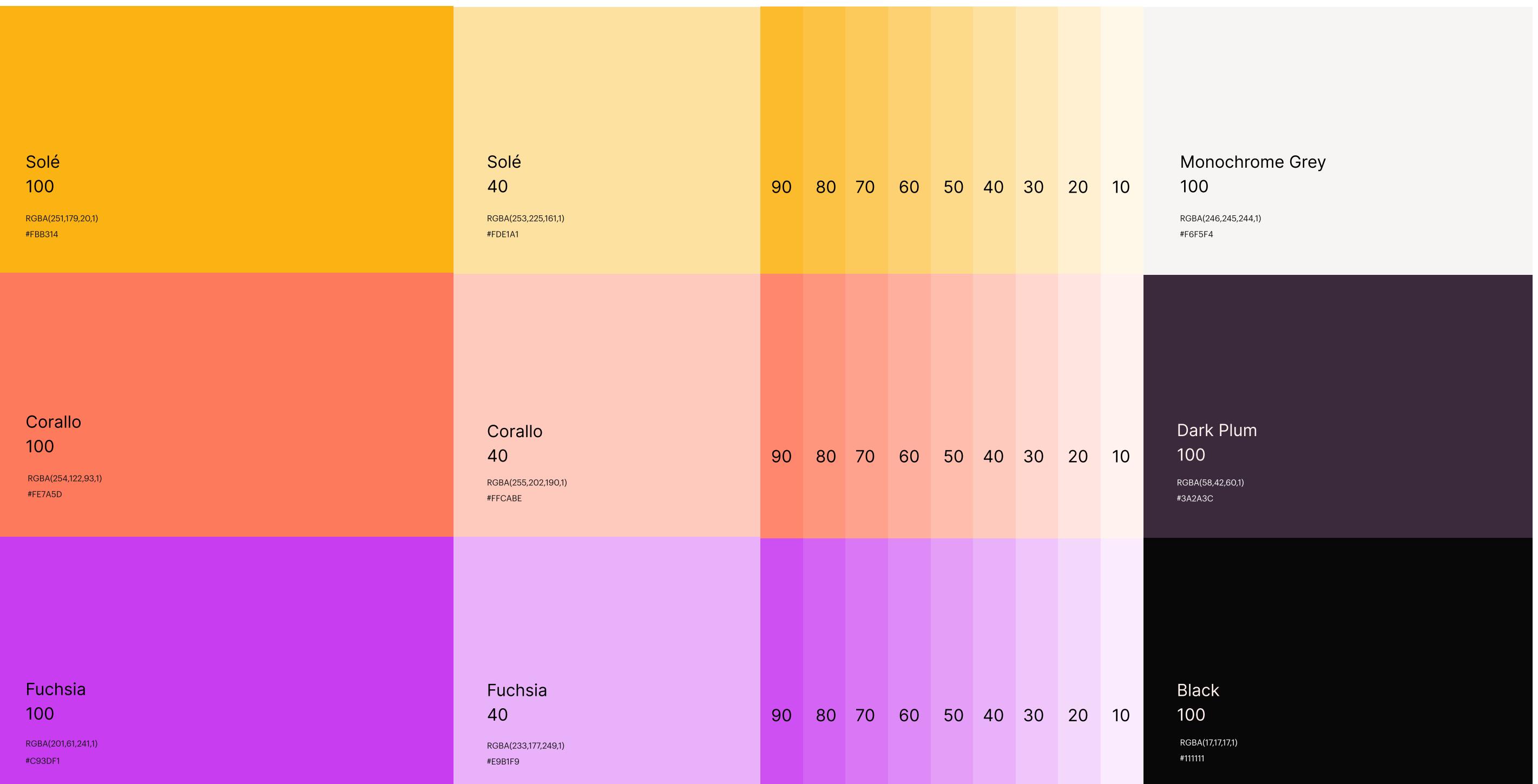
Each strand has a unique shape of its own, and the brand mark and language convey a sense of individuality, variety, and communication as clear as a pane of glass.



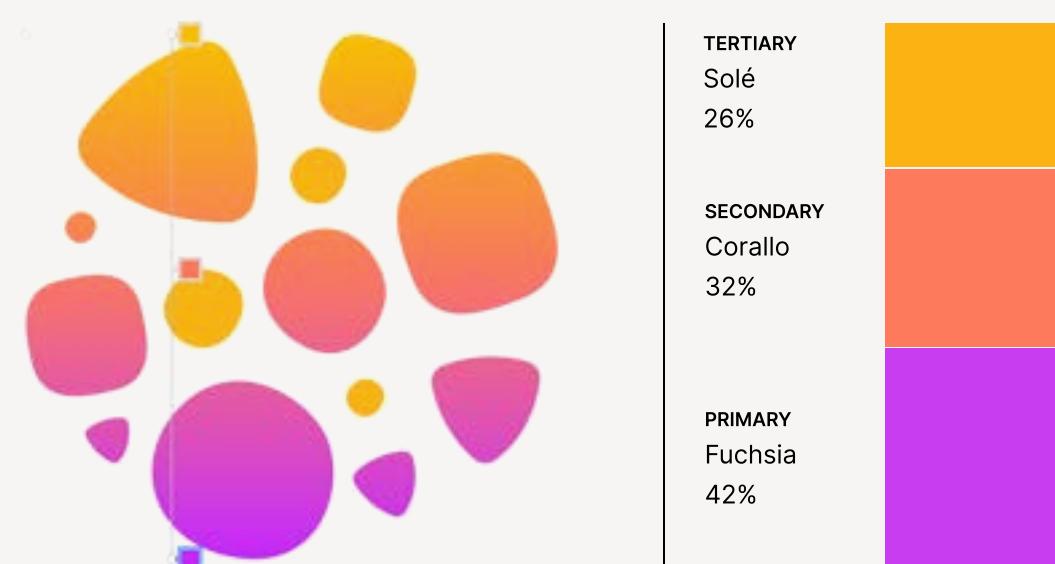
miruni

Color Palette

Our Color



In the process of establishing the brand identity, I delineated three distinct colors for the logo. To determine the accent color for the product, I conducted an accessibility test anticipating that this accent color would be used for links or highlights.



h1.styles__Title-sc-1atx69y-5.jrmzUn

```
-webkit-font-smoothing: antialiased;
background-color: #ffffff;
color: #2e3c4a;
font-size: 40px;
font-weight: 700;
line-height: 100%;
margin: 0px;
margin-bottom: 24px;
margin-top: 0px;
max-width: 692px;
min-height: 100vh;
overflow-x: hidden;
padding: 0px;
padding-top: 10px;
width: 100vw;
```

Example of
typography and
color in use

Welcome to the easiest way to collaborate, inspect, and manage ideas.

Miruni works on all browsers and can be installed on local, staging and live websites. No matter the platform or environment, Miruni has you covered.

Connect

Gather feedback anywhere

Miruni works on all browsers and can be installed on local, staging and live websites. No matter the platform or environment, Miruni has you covered.

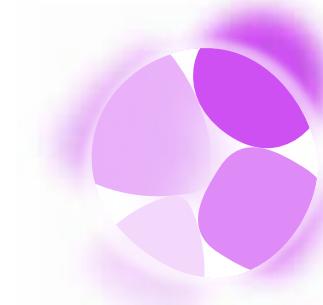
The typography chosen to the brand is meant to strike a balance between friendliness and seriousness—a kind authority.

Shape Language

Designers

Notice a UI bug? No worries.

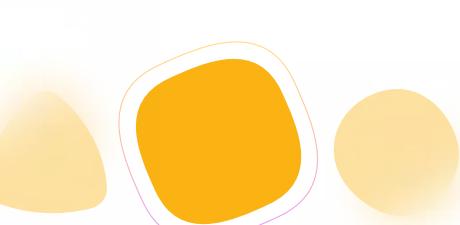
Leave a comment directly on your site and automatically send it to your devs in seconds. Pixel-perfection is now possible.



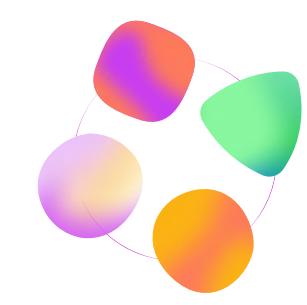
Clarity / Inspect



Collaborate



Track / Manage



Teamwork

The shape language for Miruni is conveying its brand personality and support creating visuals across the end-to-end experience, from marketing websites to avatar assets in the product.



Developers

Make sure you have all the info needed to reproduce and resolve any issue.

View browser data, viewport sizes, URLs and more.

Clients

Gathering feedback from your clients has never been easier.

No installation or downloads needed. Simply send your clients a URL and let the feedback roll in.

Share

anyoneatall@email.com

can view ▾

Send invite

Any guest with link

Project-based permissions to review, leave feedback & resolve issues.

Bessie Cooper

bassie.c@miruni.com

can view ▾

Dianne Russell

dianne.r@miruni.com

can edit ▾

Savannah Nguyen

savannah.n@miruni.com

can edit ▾

Marlene Luna

marlene.l@miruni.com

can edit ▾

Browser Extension

Infusing the brand's essence into the product. Miruni's core concept revolves around communication as clear as a 'pane of glass.' To embody this in the product, I designed the visuals with semi-transparent and blur backgrounds for each panel component.

The Miruni browser extension interface is designed to be minimalist and transparent, utilizing a color gradient background for its components. It includes features for screen recording, story creation, and a central dashboard for managing feedback.

- Recording Overlay:** Shows options to record "This Tab" or "Entire Screen" with cameras like "Yeti Nano" or "FaceTimeHD Camera". A prominent "Start recording" button is at the bottom.
- Add Story Dialog:** A modal for creating new stories. It includes fields for "Story type (Required)" (set to "Feedback"), "Summary (Required)" (with a text area for input), and "Show more fields". Buttons for "Cancel" and "Submit" are at the bottom.
- Story Details View:** Displays a story titled "The responsive design needs improvement." by "Tad Day". It shows screenshots, attachments, comments from "Namika Hamasaki" (mentioning distortion on mobile devices), and a detailed description from "Tad Day" about responsive design issues. A sidebar on the right contains settings for assignee, type, status, priority, effort, and tags.
- Dashboard:** The main interface shows a list of stories. The first story is the same one viewed above. Below it, another story by "Angela Andrews" discusses accessibility issues. A third story by "Tad Day" mentions typography choices. The dashboard includes a search bar, sorting/filtering options, and a header with the Miruni logo and user profile.

Cards & Tag colors

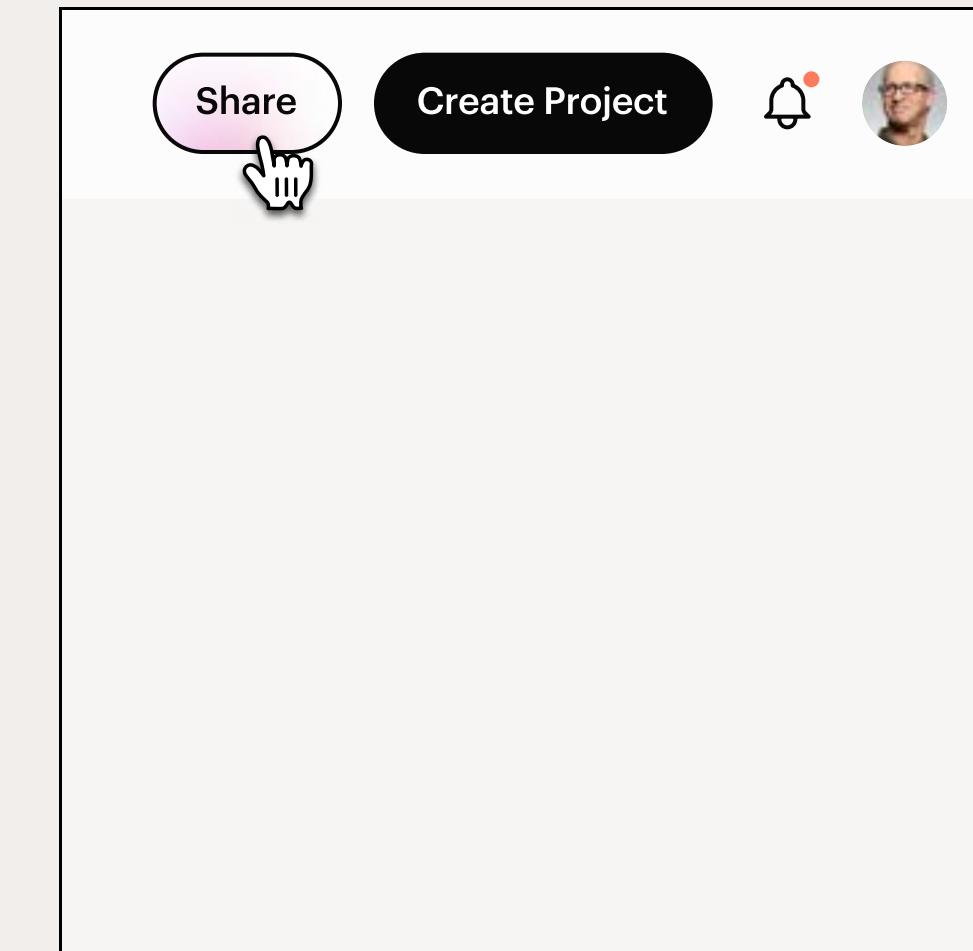
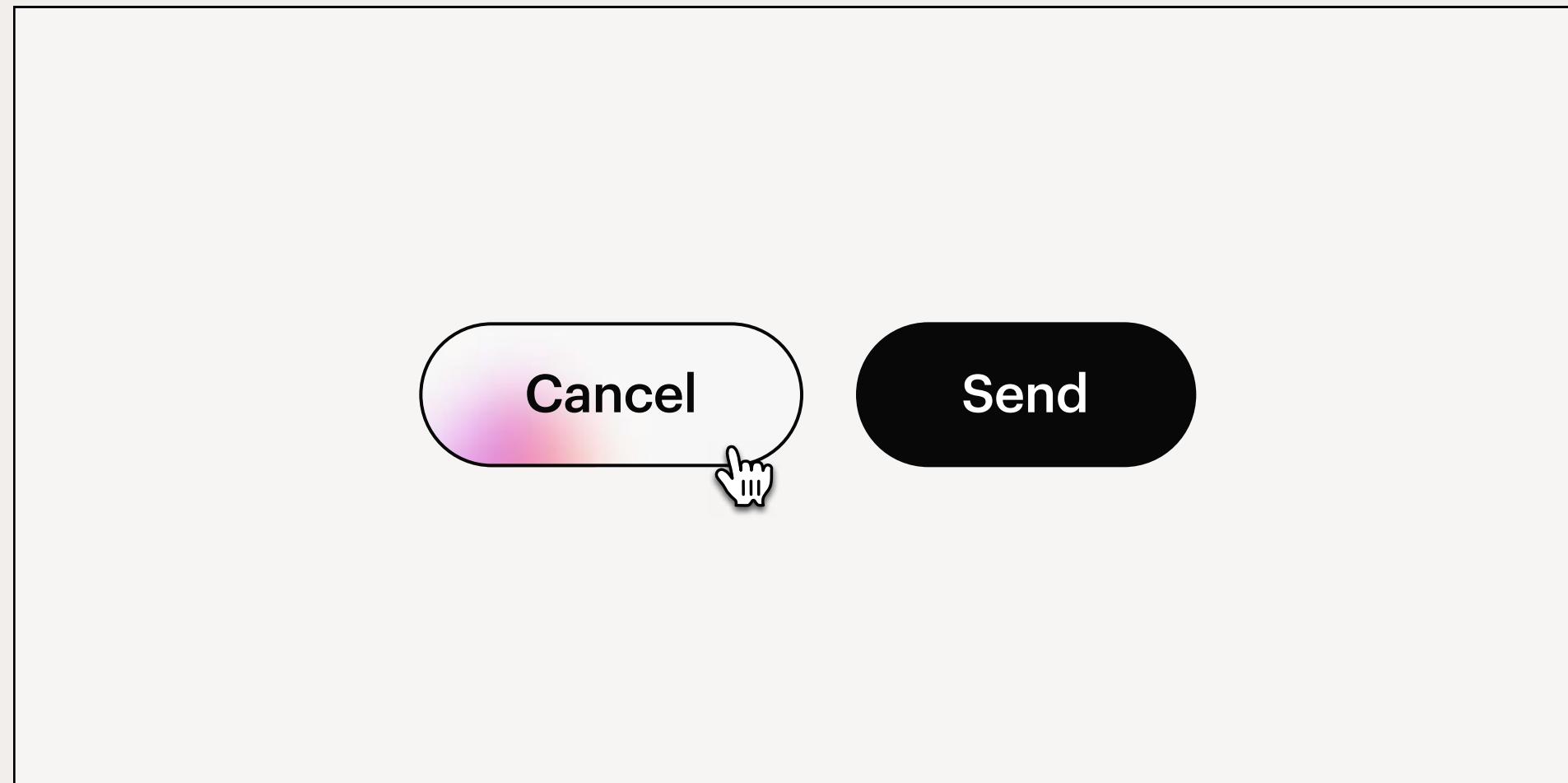
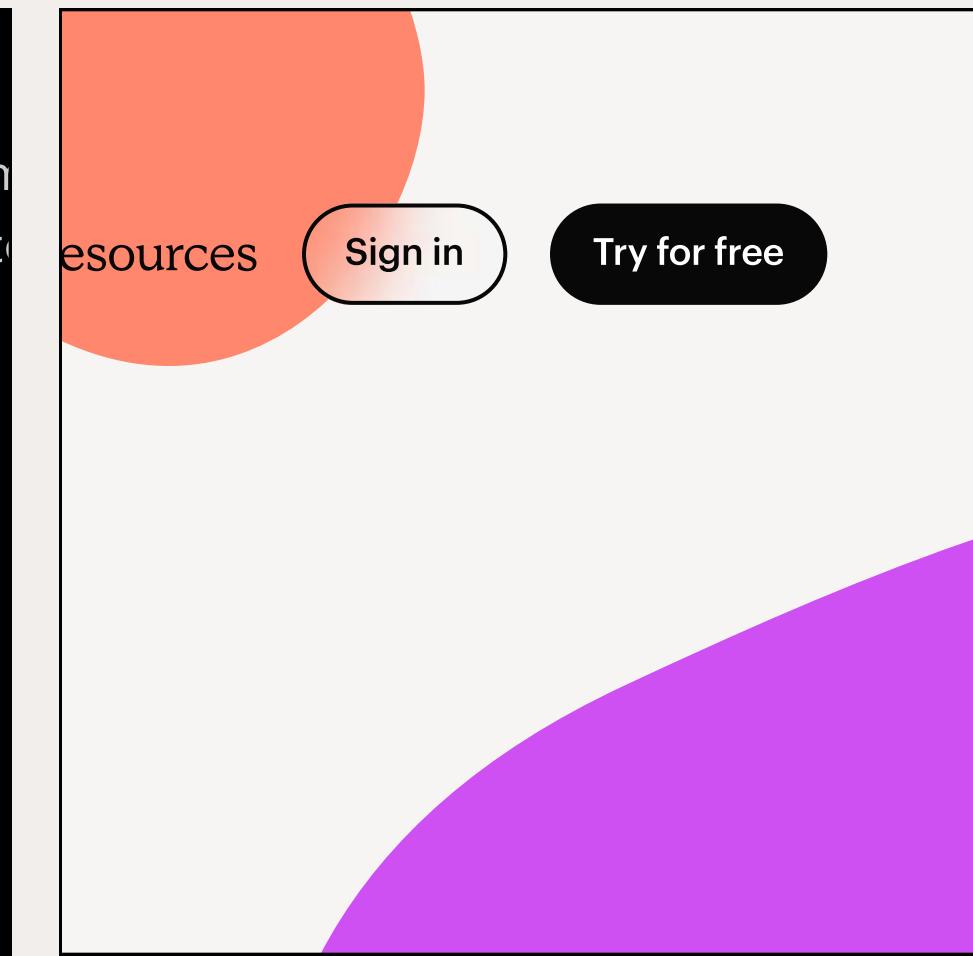
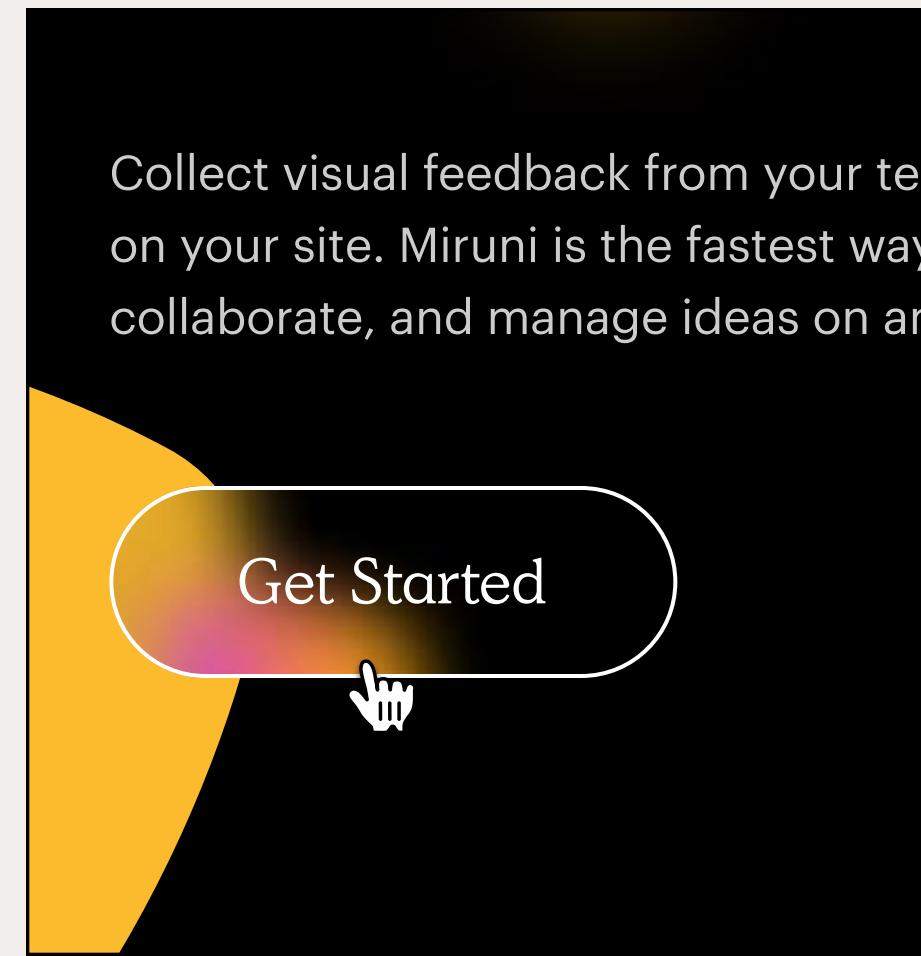
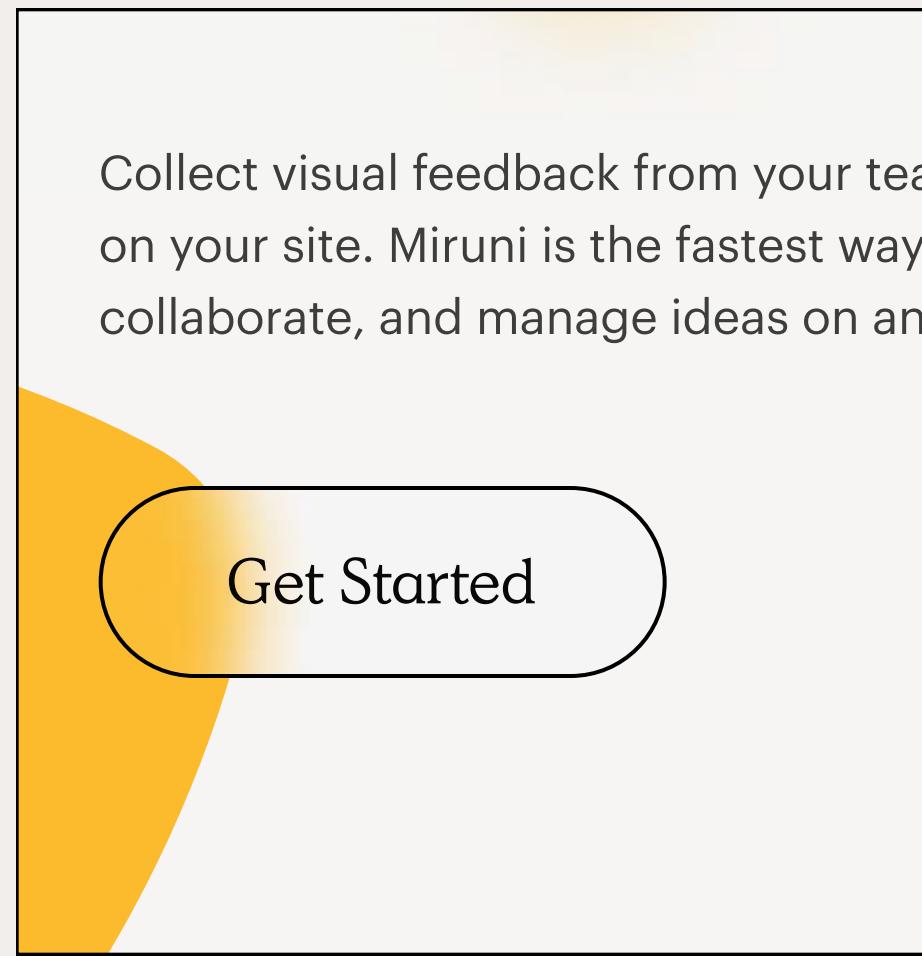
The image displays a 3x4 grid of cards, each representing a project titled "Website Bug Bounty Hunt" with 15 tasks. The cards are arranged in three rows and four columns. Each card features a circular tag in the top-left corner with four small user icons and the text "4 Assigned". A three-dot menu icon is located in the top-right corner of each card. The cards are updated 12 hours ago.

- Action menu:** The third card in the third row shows a white rectangular menu box with a three-dot icon at the top right. The menu contains the following options: "Rename", "Create sub-Project", "Archive", and "Delete".
- Hover state:** The fourth card in the third row has a light green background color, indicating a hover state. It also features a three-dot menu icon in the top-right corner.

Action menu

Hover state

Button



Brand Guidelines

This image displays the Miruni Brand Guidelines document, which includes the following sections:

- Identity**: Construction, Safe Space, Partner Lockups, and Scale + minimum size.
- Color**: Secondary Palette, Color Ratios, Permitted backgrounds, and Color Palettes (Secondary, Gradient).
- Typography**: Typefaces, Type Scale, Guidelines & Ratios, and Typography In Use.
- Usage Guidelines**: Examples of logo placement, color combinations, and typography in context.

The document uses a clean, modern design with white backgrounds and light gray borders between sections. It includes numerous screenshots of the Miruni logo and various text examples to illustrate the guidelines.

The Design System enabled the client's designers and engineers to continue building products

I delivered the initial Design System using Figma and Knapsack, a tool for managing design tokens.

The collage illustrates the Miruni Design System's organization and components:

- Foundations → Colors:** A color palette section showing a grid of color swatches for "Base", "Black", "Patches", "Corals", "Oxide", "Azure", and "Plum".
- Foundations → Typography:** A typography section titled "Typography" with examples of "Heading for Large Breakpoints", "Heading for Small Breakpoints", and "Text". It includes a note about pulling from Chakra UI.
- Components → Forms:** An "Input" component section showing a grid of input fields with placeholder text like "Hello" and "Hello" repeated.
- Components → Buttons:** A "Buttons" component section showing a grid of button variations with placeholder text like "Hello" and "Hello" repeated.
- Record panel:** A screenshot of the "Record panel" interface, which allows users to manage and preview design tokens across different components.
- Logo:** A section showing the Miruni logo in various sizes and styles, including a dark mode variation.
- Gradients:** A section showing a grid of gradient swatches.

mmhmm

mmhmm makes team video communication easy for remote and hybrid teams. Be the presenter everyone remembers by putting yourself on screen with your slides during virtual meetings.

ROLE
Senior Brand Designer

YEAR
2020-2023

TEAM
Principal Brand Designer @All Turtles
Content Designer @All Turtles
Motion Designer @All Turtles

DELIVERABLES
Landing page
Special website
Storyboard
Swag
Social media assets
Room visuals



MMHMM / SWAG

Community swag

I designed swag, a process that ranged from selecting vendors and items, to designing items that align with the brand and engage customers.



Japanese localized artwork

I elevated existing brand artwork to tailor for Japanese audience. Incorporating Japanese traditional patterns, colors, and artwork.

mmhmm japan
133 Tweets

Home **# Explore** **Notifications** **Messages** **Bookmarks** **Lists** **Profile** **More**

Tweet

mmhmm japan
@mmhmmjp

mmhmm の日本語アカウントです。
- ベータ版への登録：mmhmm.app
- サポート：help.mmhmm.app/hc/ja (メールでのお問い合わせは help@mmhmm.app へ)
- 英語アカウント [@mmhmmap](https://twitter.com/mmhmmap) もよろしくお願ひします！

[Translate bio](#)

📍 Tokyo, Japan 🌐 mmhmm.app 📅 Joined July 2020

2 Following 1,205 Followers

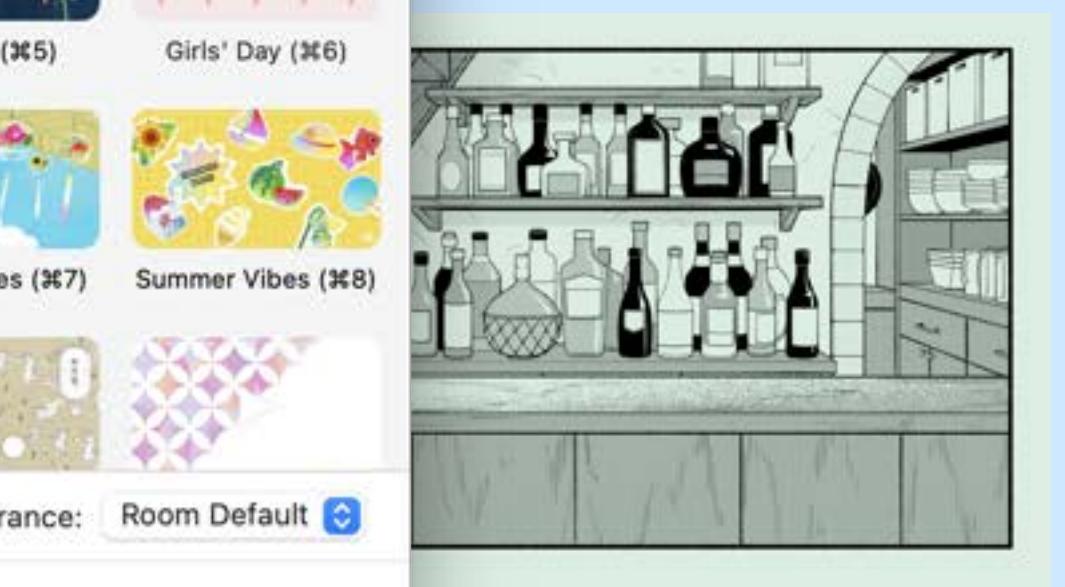
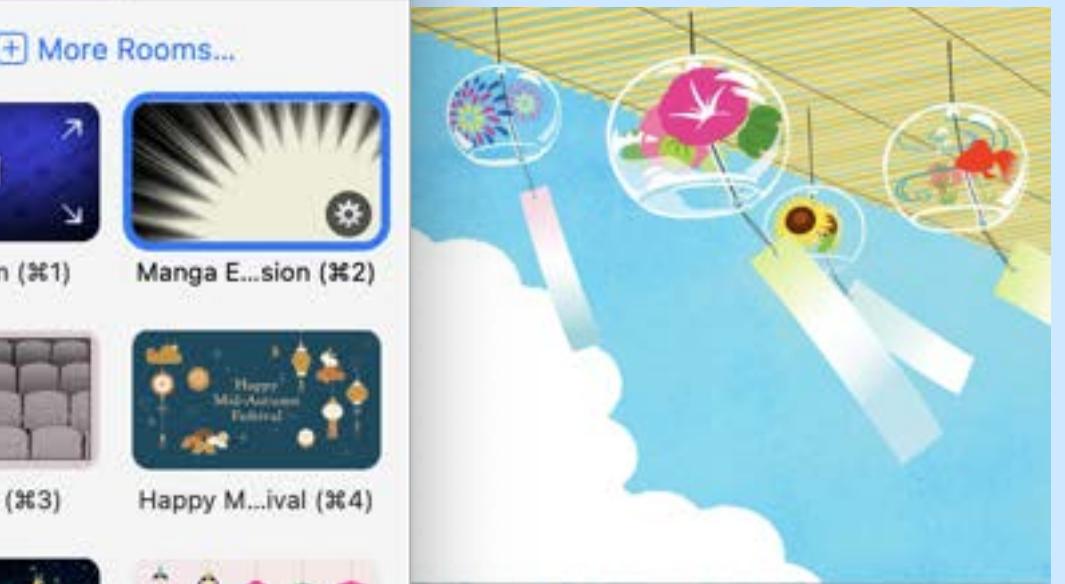
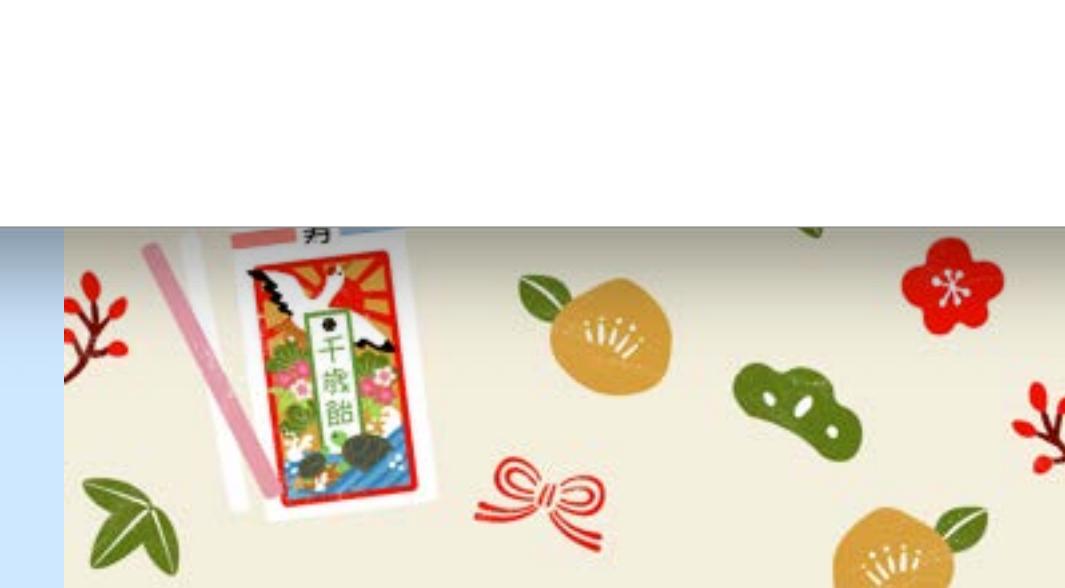
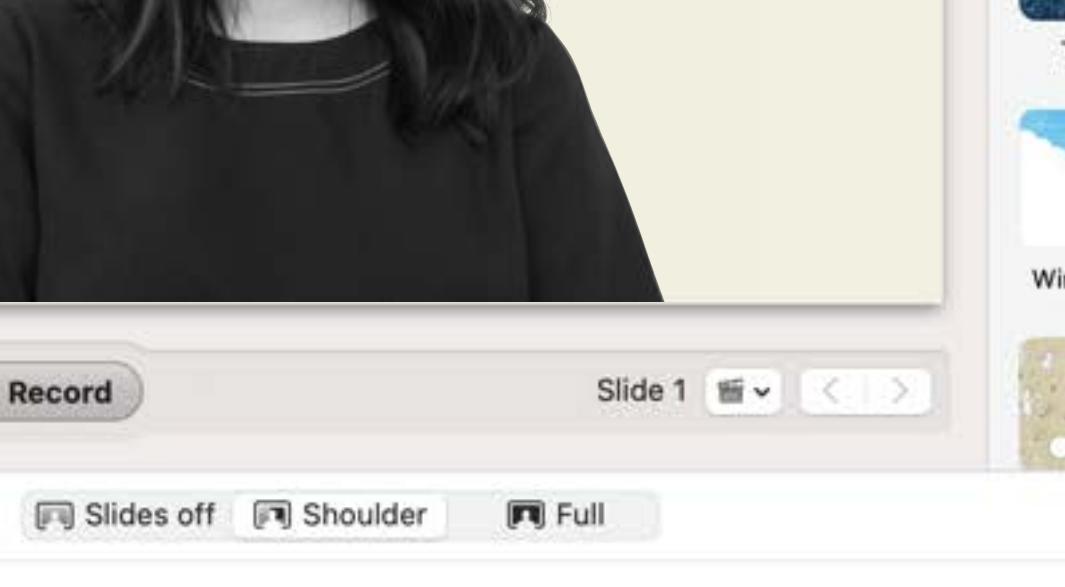
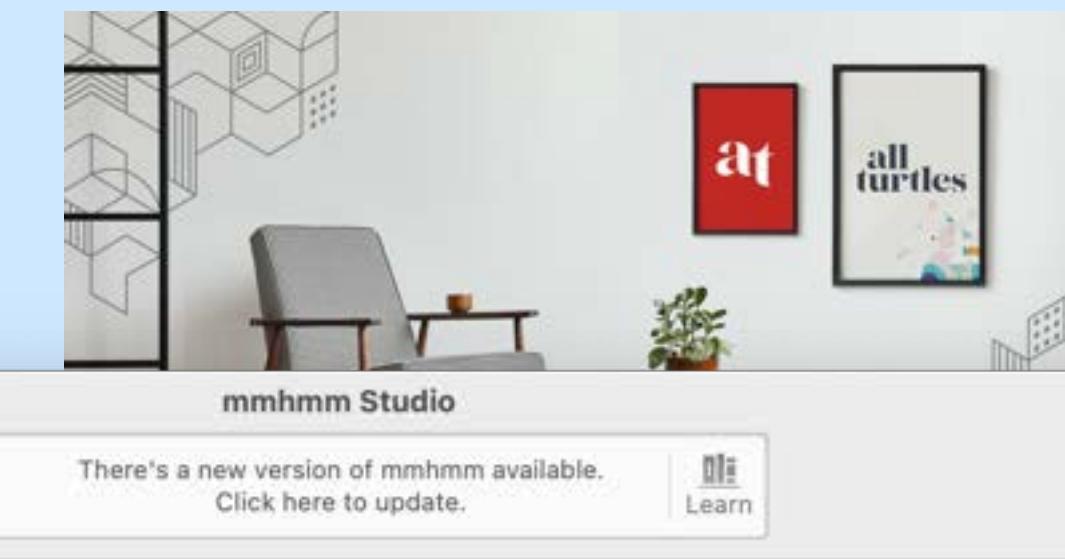
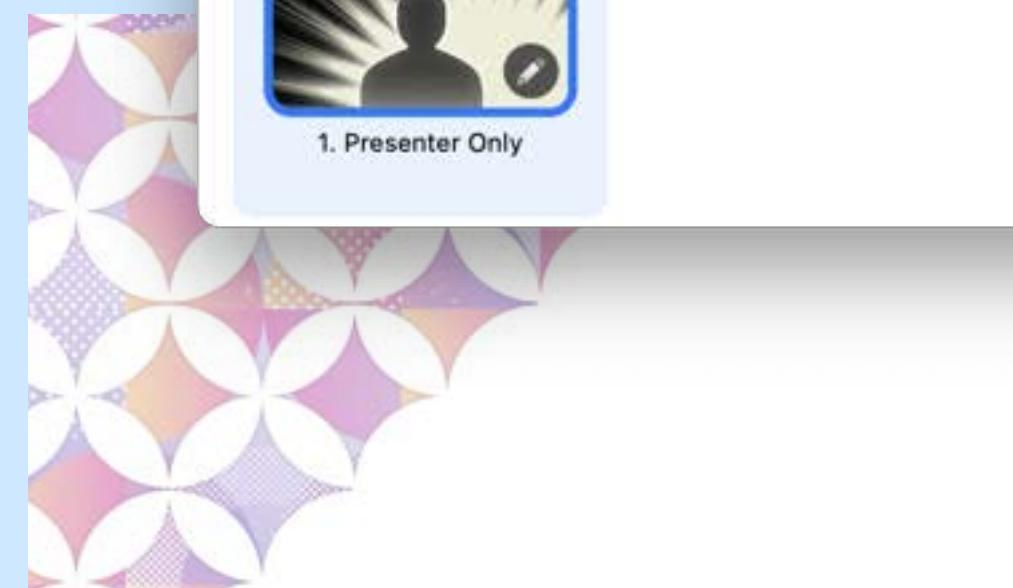
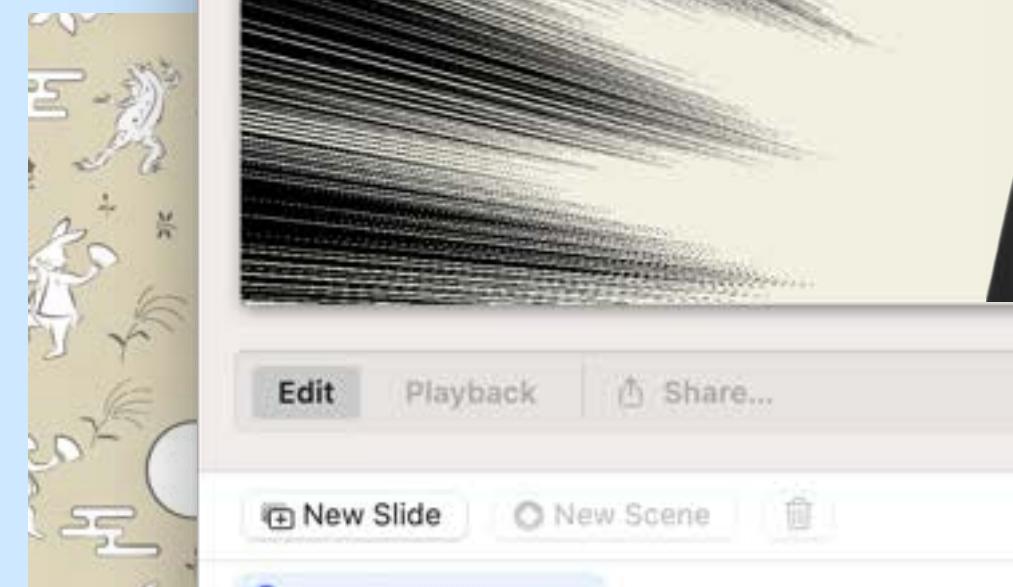
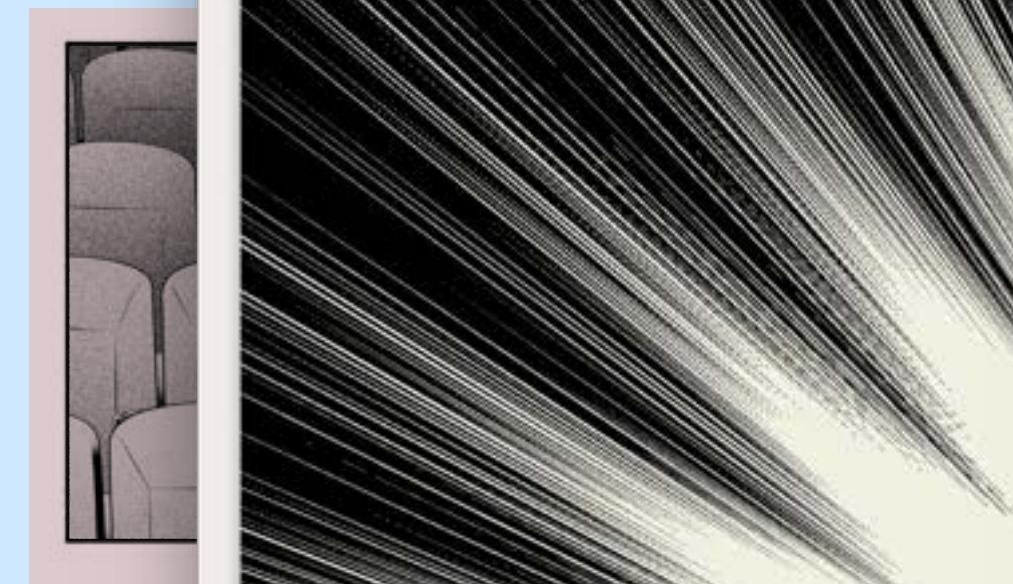
 Followed by 関口 裕 | Yutaka Sekiguchi, 大石結花 // Yuka Ohishi, and 9 others you follow

Tweets **Tweets & replies** **Media** **Likes**

MMHMM / ROOMS

mmhmm Rooms

I curated and designed 50 funny and beautiful rooms, backgrounds that mmhmm provides to customers.



High Trust Company Handbook website

An immersive website experience that demonstrates how high-trust companies operate effectively.

mmhmm

- 1. Introduction
- 2. Key findings
- 3. Trust
- 4. Communication
- 5. Autonomy
- 6. Impact
- 7. Technology
- 8. Conclusion
- 9. Appendix

The High-Trust Company

Reimagining communication for remote and hybrid teams

Introduction



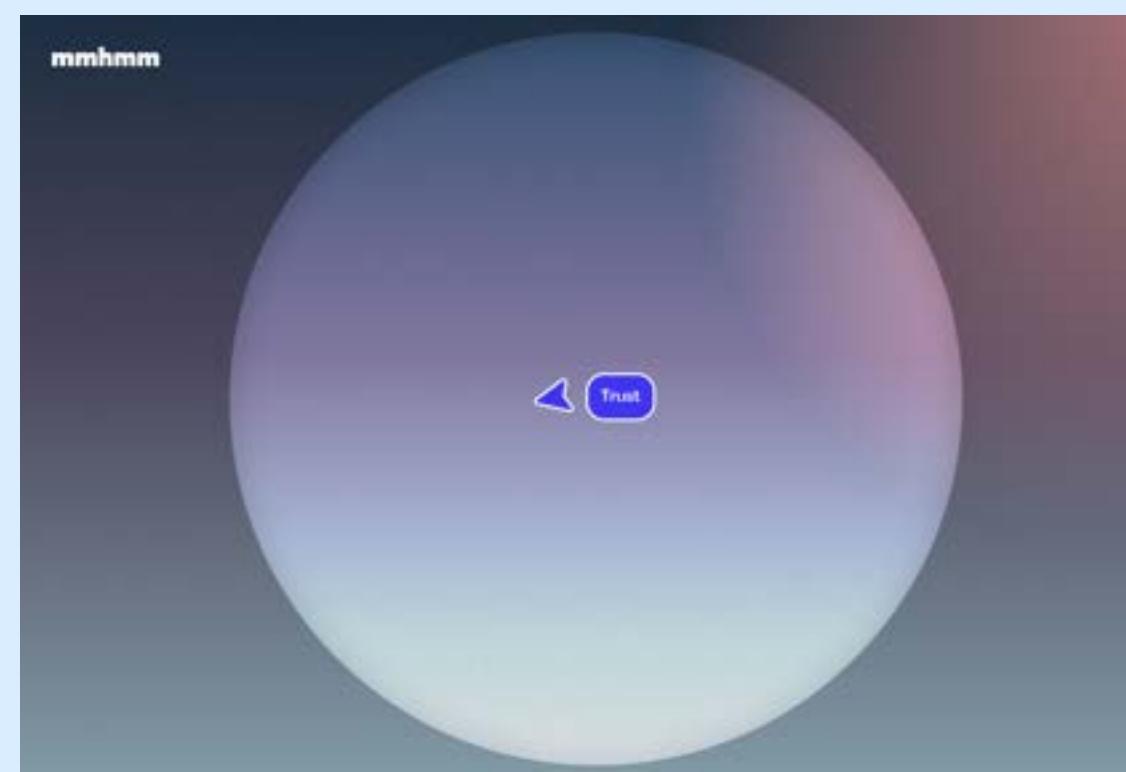
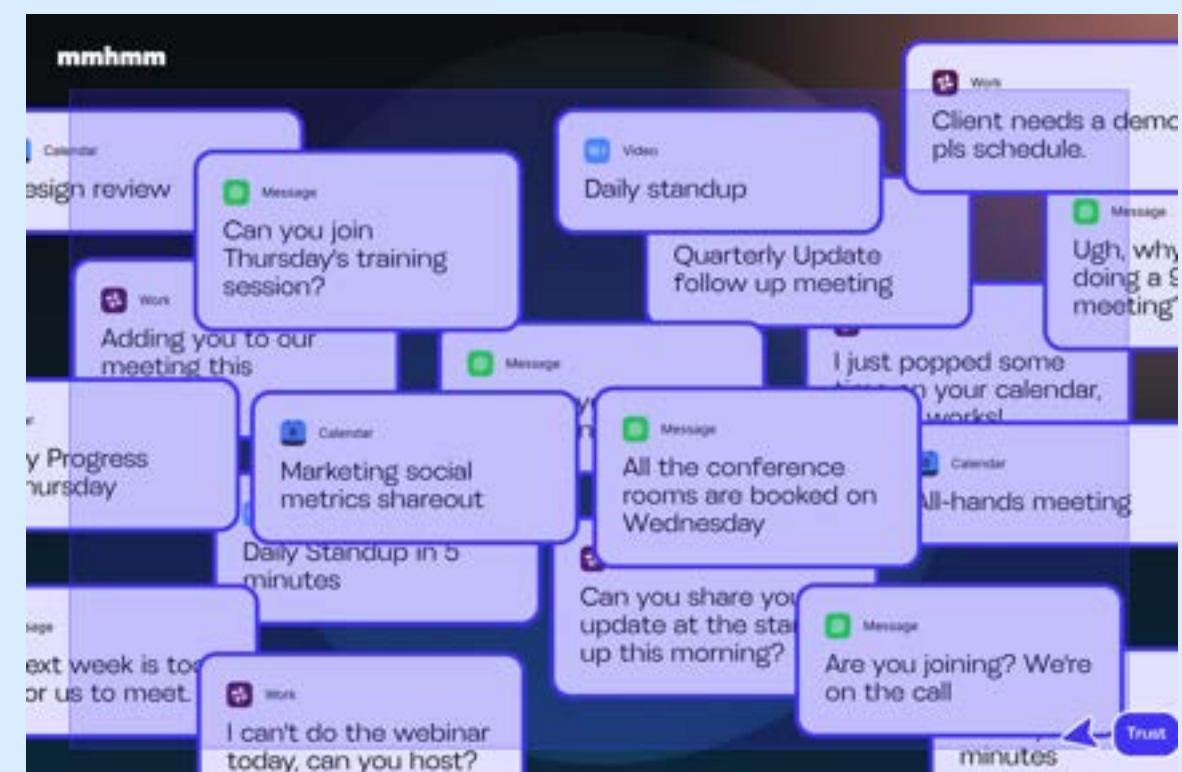
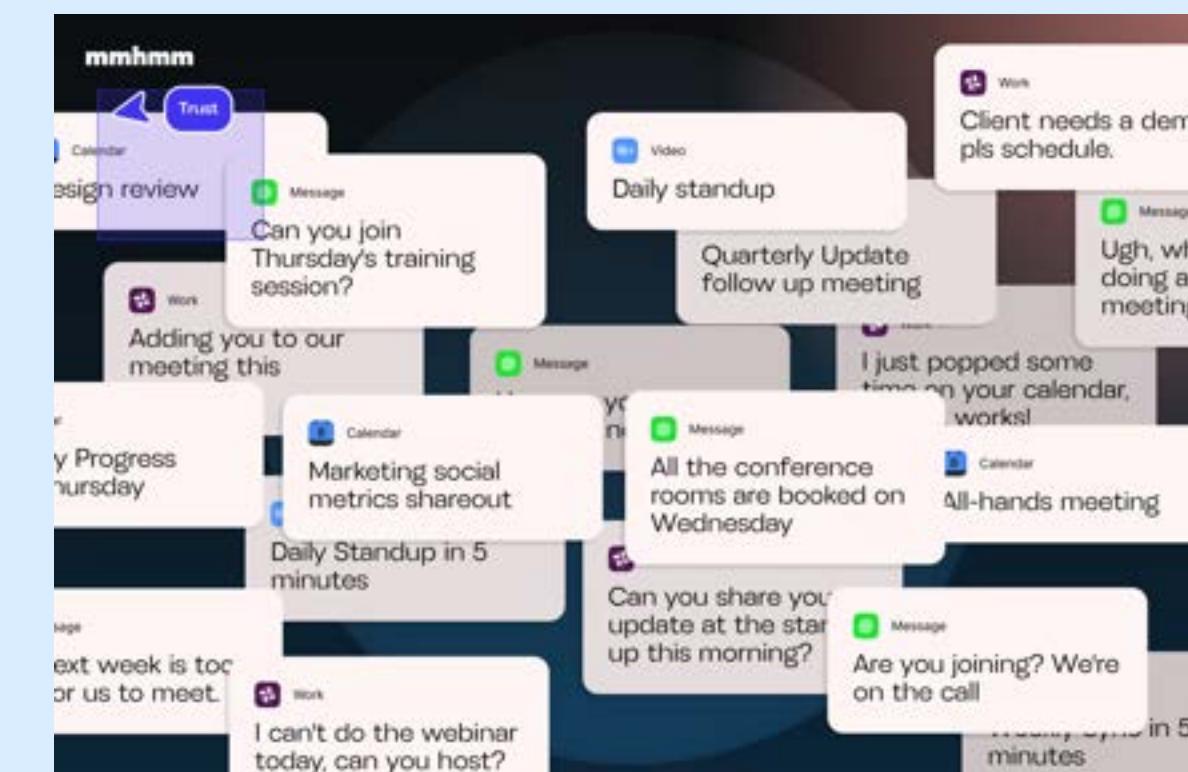
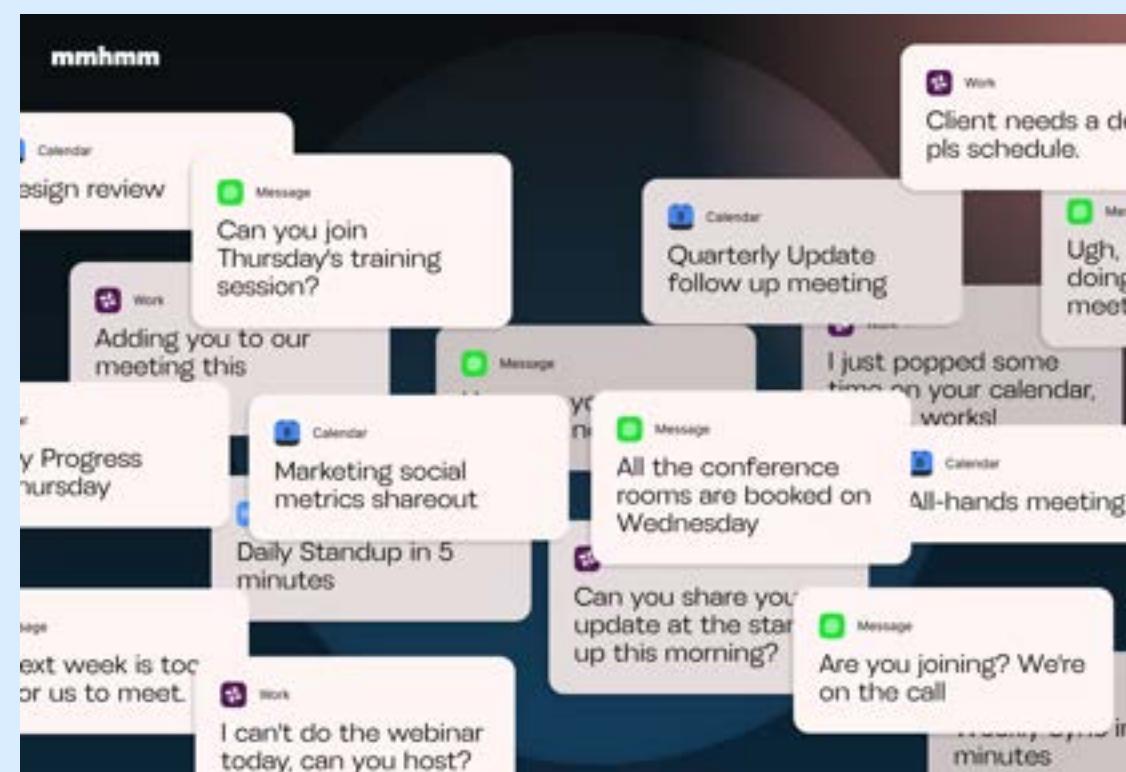
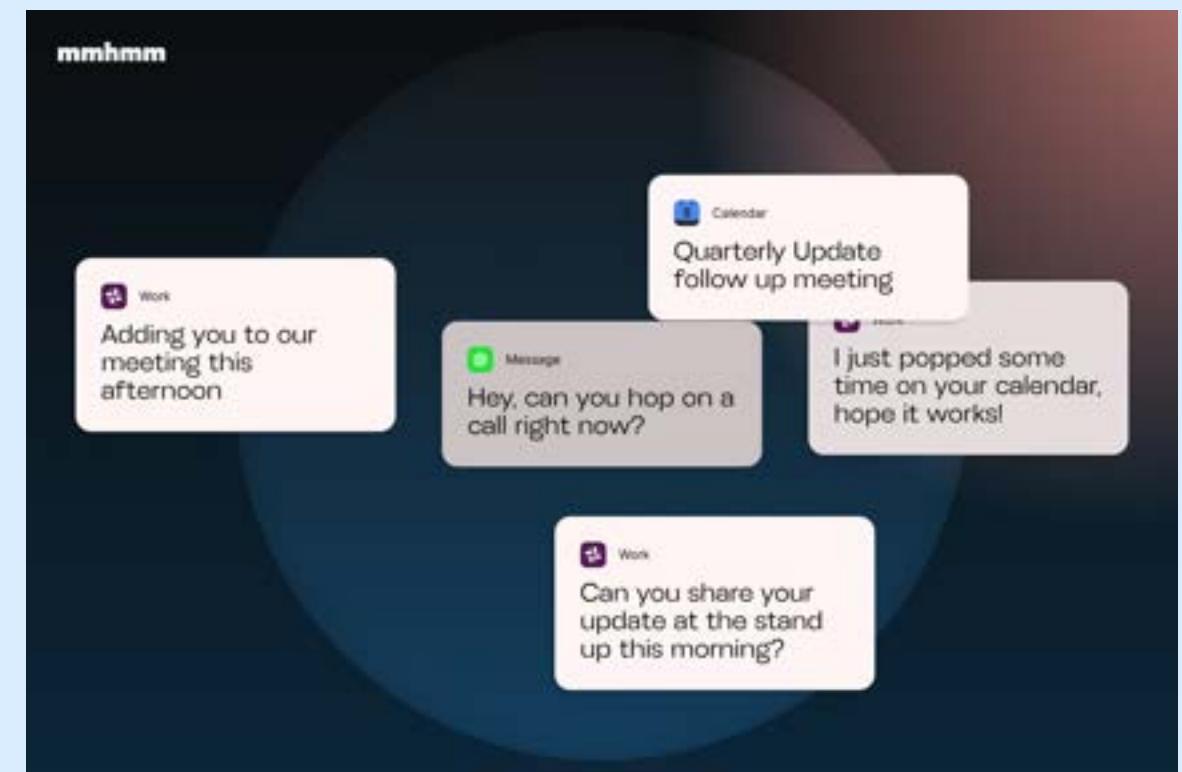
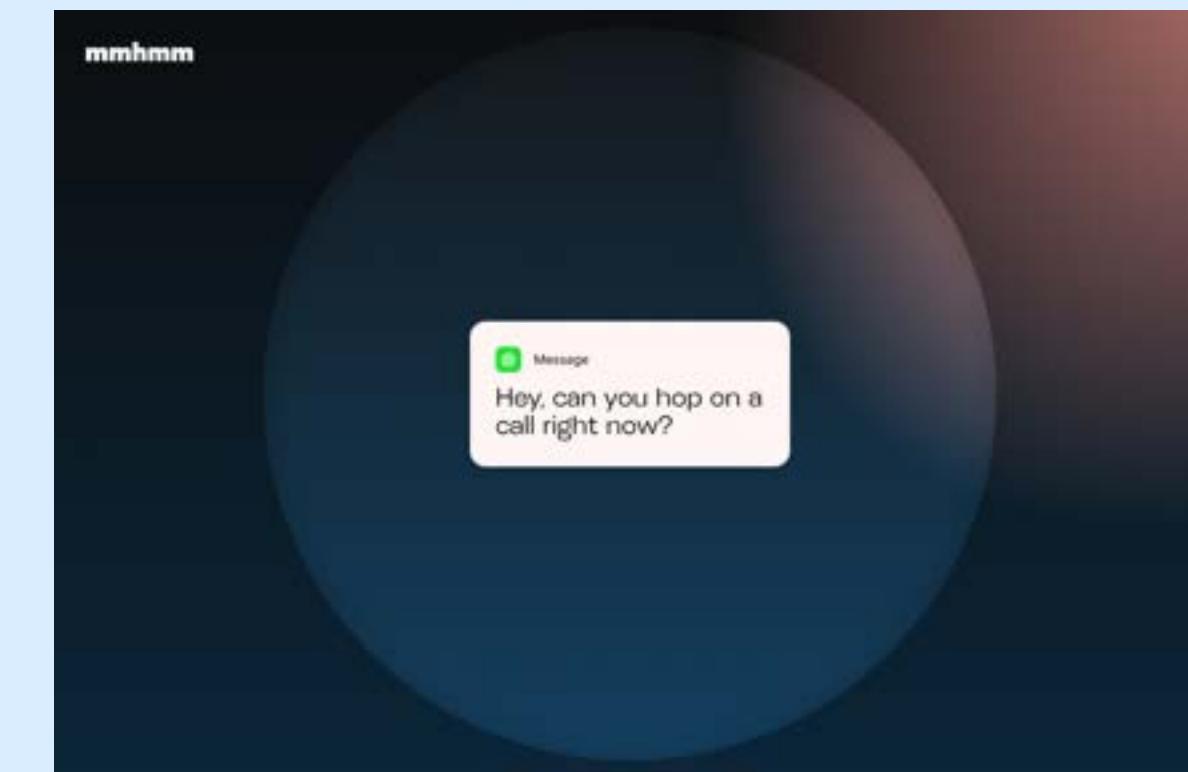
Just about every CEO conversation we've had in the past year eventually gets around to how hard it's become to get people to work. A perceived loss of productivity blamed on remote work is leading to a loss of trust between managers and employees. The erosion of trust is palpable in headlines about back-to-the-office mandates, the growth of surveillance software, layoffs, resignations, and harsh performance reviews. It's an understandable phenomenon, but it's also a self-defeating spiral.

Lower performance, leads to lower trust, leads to lower performance... until the basic equilibrium of the past century of knowledge work starts to wobble. Managers may say that they'll trust their employees more once they see higher productivity. We think they've got it backwards.

The key to increasing knowledge worker performance, whether in-office, hybrid or remote, is to increase trust first. The key to increasing trust is reimagining communication.

Here's how we think you can do it.

Storyboard



As users scrolled down the opening webpage, calendar notifications appeared, covering the site. However, the 'Trust' cursor emerged, clearing them away. Additionally, as users continued to scroll, the background gradually transitioned from dark to light.



Transforming 'Why' into 'Wow': designing a compelling landing page for mmhmm

To introduce a product that inspires new behavior, it's crucial to answer the "why" question. So, the "Why mmhmm" page was created to emphasize its benefits whereas the rest of the marketing site focuses on the "what" and "how". A/B testing and optimization efforts were focused on the main landing page for paid acquisition to evaluate its performance and gain user insights.

MARKETING: ROADMAP

S'WAURA

Q1 Q2 Q3 Q4

- unpack moving upmarket strategy
- webinar for potential distributors
- south pacific tradeshow
- head of marketing recruitment

Add slide Share Screen Add Text Upload File Search GIPHY

1 2 3 4 5

<https://www.mmhmm.app/why-mmhmm>

MMHMM / WHY MMHMM

Landing page

I led the landing page project. Working in collaboration with the marketing team and a UX writer, I was an integral part of developing the design strategy. My contributions extended to the visual design, where I worked in tandem with a motion designer throughout the process of video production. I was also responsible for ensuring a smooth handoff to the engineering team, and I oversaw the project up to its successful launch.

The landing page features a dark blue header with the mmhmm logo and navigation links for PRODUCT, WHY MMHMM, FOR TEAMS, PRICING, and BLOG. A 'SIGN IN' and 'GET STARTED' button are at the top right. The main hero section has a dark background with a smiling man in a video call. It includes the headline 'Life's too short for bad video calls', a sub-copy about work changing, and a 'GET STARTED' button. Below this are sections for 'Hold everyone's attention' (with a woman in a colorful shirt) and 'Own your space' (with a Venn diagram). The page also lists integrations with ZOOM, Google Meet, Microsoft Teams, and Webex, along with a quote from Ania Steffel.

This section highlights the feature of switching between video and screen share. It shows a user interface with a video feed and a presentation slide. A testimonial from Bob Oeller, a communication consultant, is displayed, followed by a 'TRY MMHMM FOR FREE' button.

Click record, cancel meeting.
Connect and inspire with a beautifully recorded video your clients, students, or prospects can watch when they want. [Watch an example mmhmm recording.](#)

Do what a PDF can't.
Use video to personally deliver your message anywhere, anytime. Answer client questions, deliver updates, or build a following.

Make it pitch-perfect.
Take this process out of presenting and edit out rough spots to make your message shine. No learning curve or video editing required.

It's much more engaging content than it would be if I just recorded a meeting and said 'Watch the one-hour Zoom meeting.'

Discover how mmhmm can enhance your work

Use Cases

- Distributed Work →
- All Hands Meeting →
- Training →
- Product Demo →
- Board Update →
- Investor Pitch →

Solutions by role

This section is titled 'Why professionals choose mmhmm' and includes a testimonial from Gaston Rant, VP of Product, Basik. It features a video player showing a presentation on a phone screen. The page also includes a section on 'Fewer meetings, better meetings' with a calendar graphic and a quote from Steven Mih.

Presentations

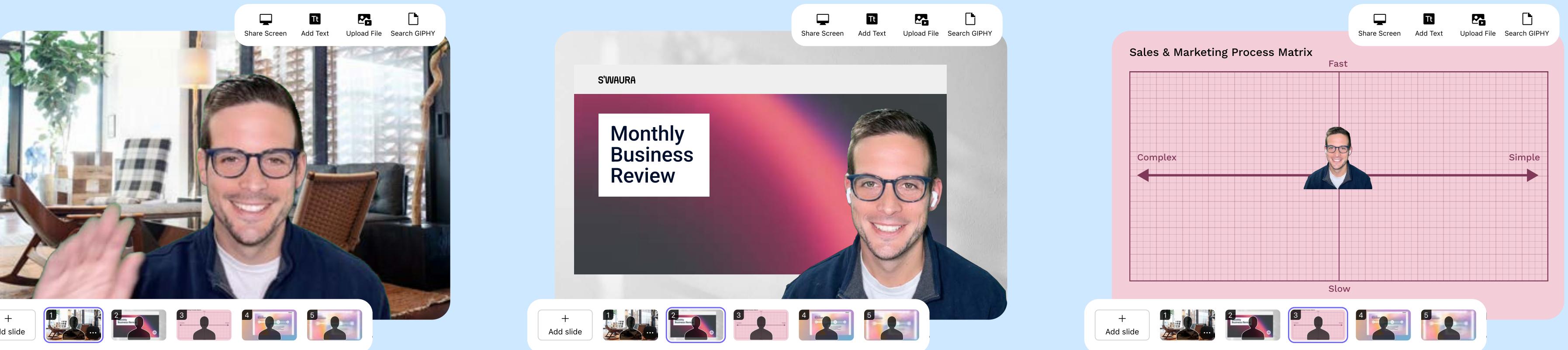
Fewer meetings, better meetings

Ready for a better video experience?

Add mmhmm to your business toolkit to make an instant and lasting impression.

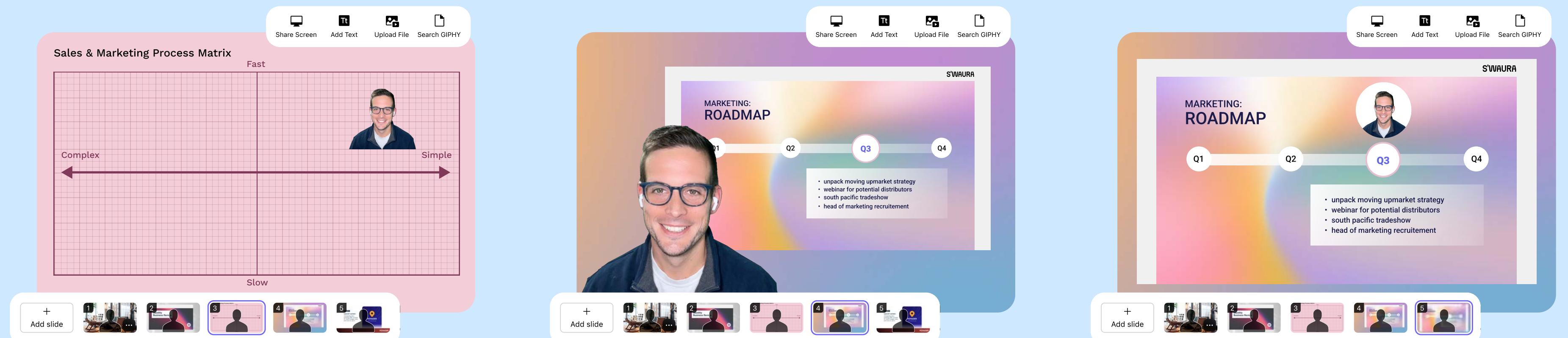
Get Started For Free

Storyboard for hero video



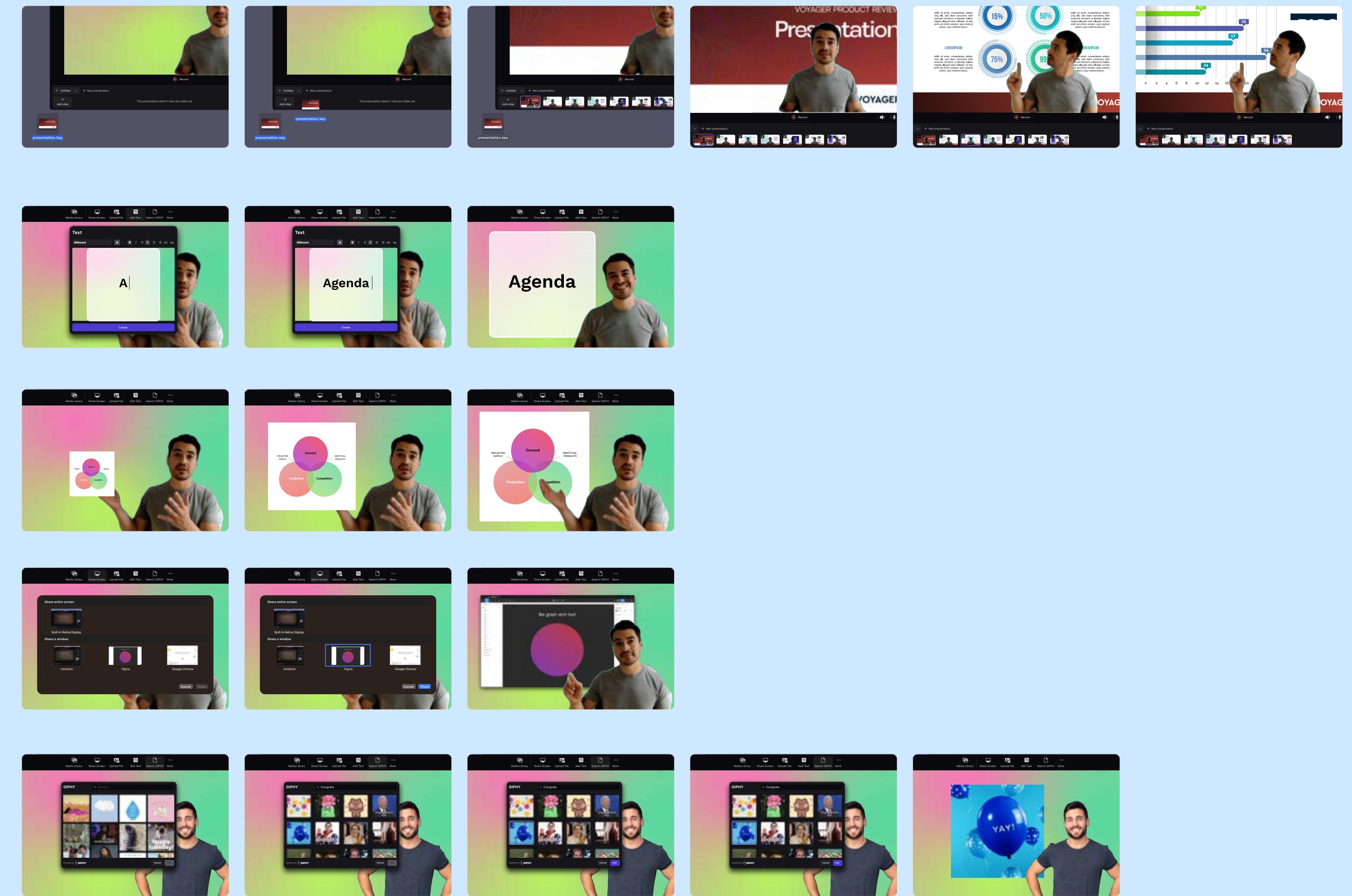
The visual style I developed was an abstract representation of the product UI. I focused on the essential components of the product UI - the media toolbox and slideshow - based on the research and the marketing team's directive to highlight the synchronous use case while avoiding recording elements.

This artistic direction also contributed to the overall balance of the page. The full product UI is displayed below the hero, so this abstract approach served as a friendly introduction to the key elements before delving into further details down the page.



MMHMM / WHY MMHMM

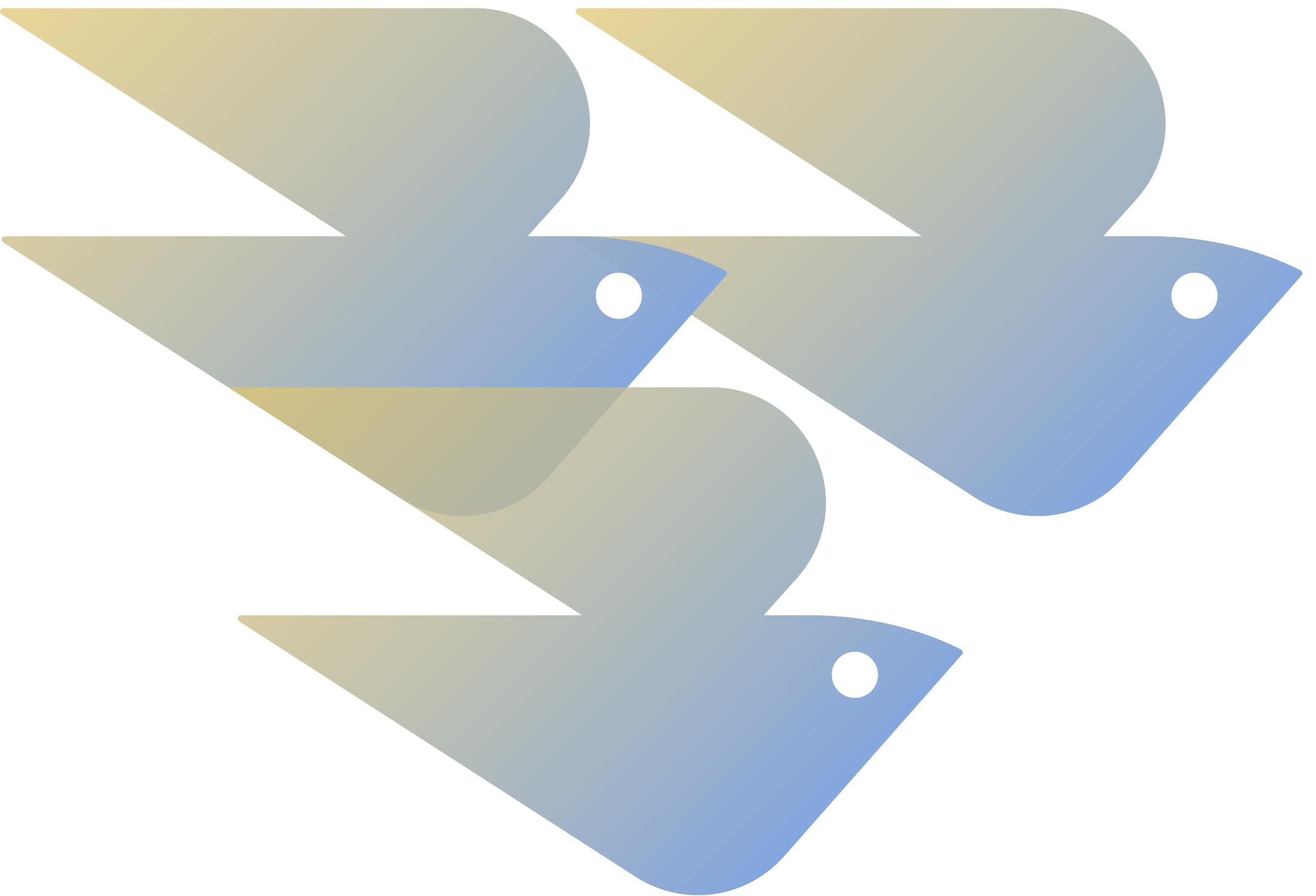
Storyboard for slide animations



In collaboration with a motion designer, I crafted storyboards and prepared visual assets for videos, ensuring a holistic approach to the entire page. This included careful consideration of the proportion of the product UI used, as well as maintaining a balanced representation of nationalities and genders.

Sora Union

Sora Union is your globally distributed creative partner and works for rapidly growing and category-defining customers in many industries.



ROLE

Senior Brand Designer

YEAR

2022

TEAM

Brand Design Director @All Turtles

Principal Brand Designer @All Turtles

DELIVERABLES

Color System

Brand Guidelines

To develop brand identity for a globally distributed knowledge work company, focused on creating work opportunities for individuals affected, and possibly displaced by, climate change or war.

The encompassing brand value and driving force we wanted to capture in this brand were that people are valuable. Often, displaced individuals become a political problem, but what if there was a way to empower such individuals with a steady flow of income, not impacted by their geographical regions or current circumstances?

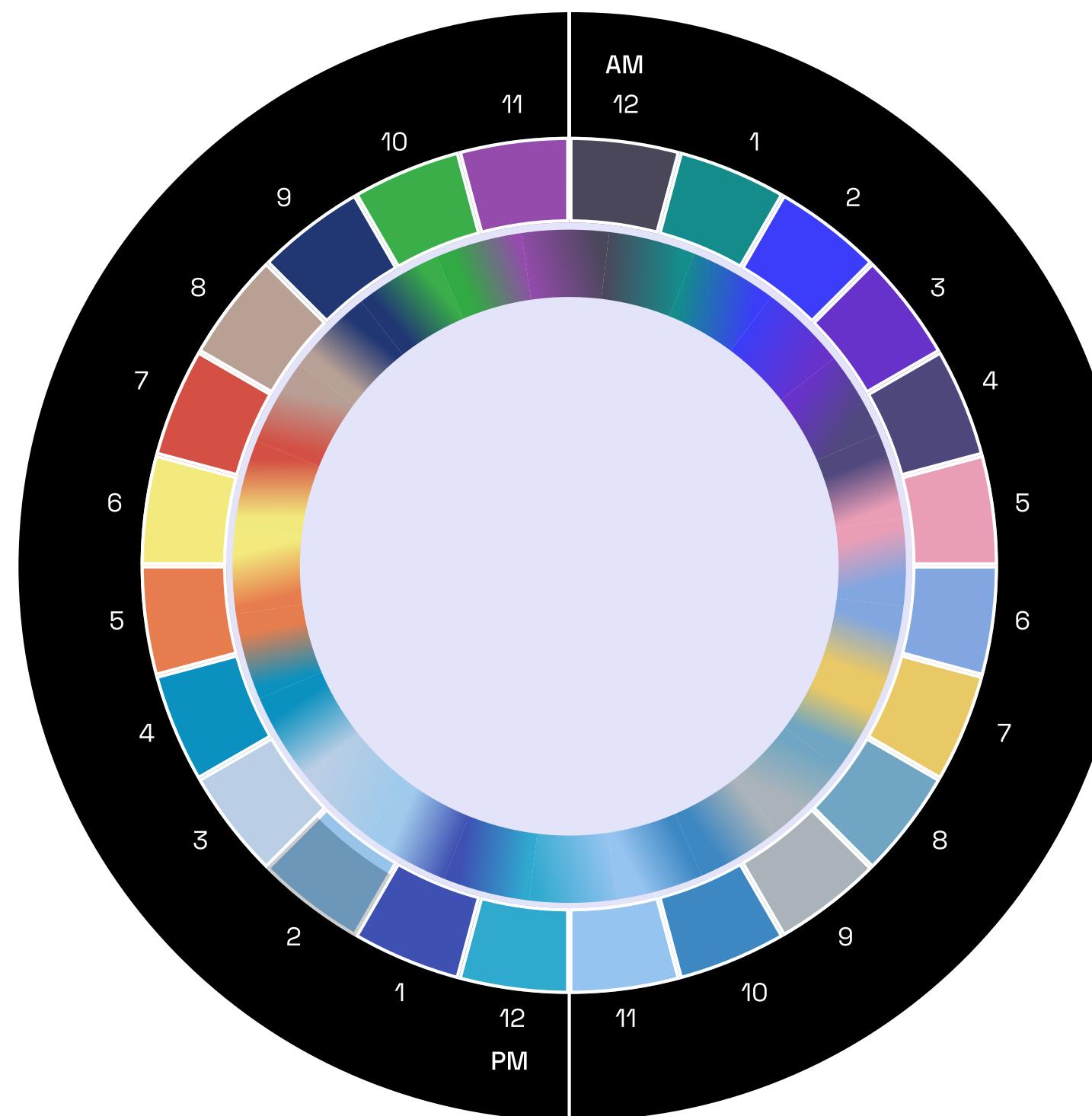
Sora

meaning 'sky' in Japanese

This is the final brand identity that our team crafted collaboratively. As one of the designers, I explored various visual identities for the brand. My main contribution was the development of the color system, which I'll explain on the next page.



24-hour dynamic color system



Design Tokens

AM

- color-gradient-12am-1am
- color-gradient-1am-2am
- color-gradient-2am-3am
- color-gradient-3am-4am
- color-gradient-4am-5am
- color-gradient-5am-6am

PM

- color-gradient-6am-7am
- color-gradient-7am-8am
- color-gradient-8am-9am
- color-gradient-9am-10am
- color-gradient-10am-11am
- color-gradient-11am-12pm
- color-gradient-12pm-1pm
- color-gradient-1pm-2pm
- color-gradient-2pm-3pm
- color-gradient-3pm-4pm
- color-gradient-4pm-5pm
- color-gradient-5pm-6pm
- color-gradient-6pm-7pm
- color-gradient-7pm-8pm
- color-gradient-8pm-9pm
- color-gradient-9pm-10pm
- color-gradient-10pm-11pm
- color-gradient-11pm-12am

What color is the sky? A simple answer might be blue. Yet, as we explored different visual references, we were inspired to see as much variety in colors as in the cultures represented by Sora's workforce.

I challenged myself to come up with a brand color system that could capture the changing colors in the sky - down to the hour. The result was a 24-hour color system for the brand palette.

Applying the color system to the logo

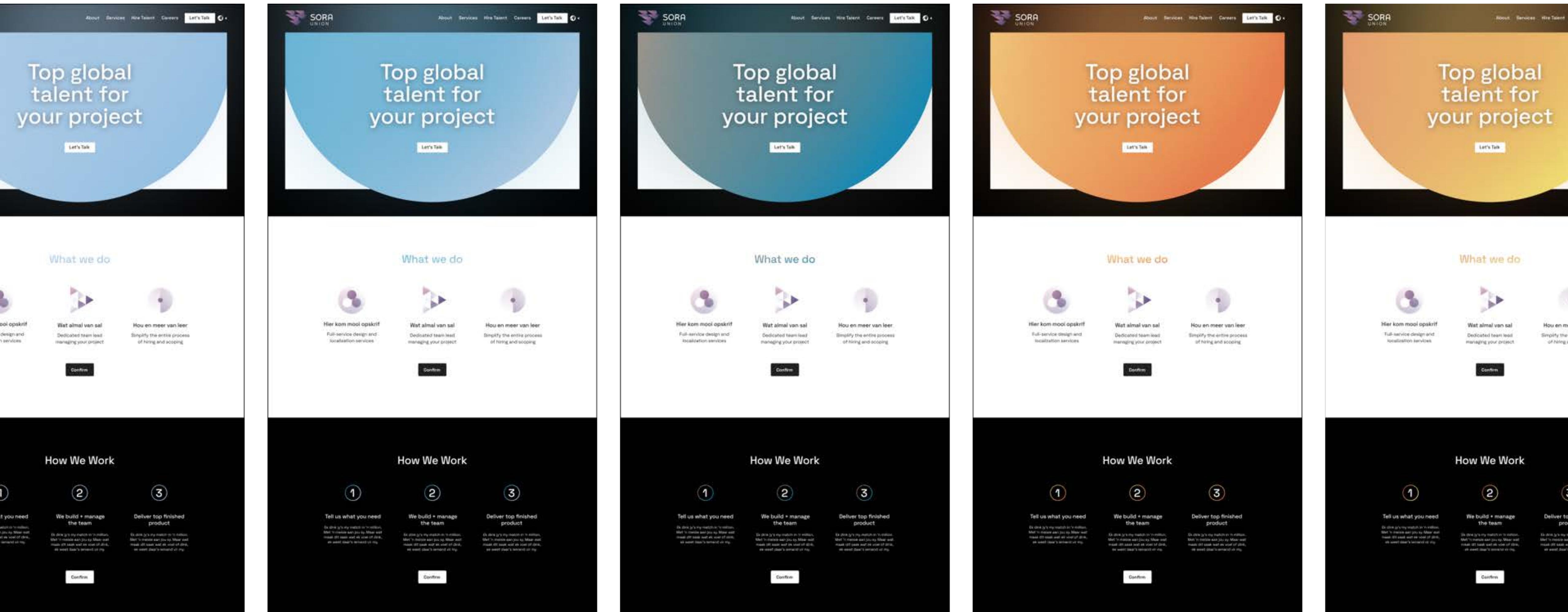


Patterns



The dynamic color system comes to life on the website

with the background gradients transitioning every hour linking the current hour to the next one visually.



Brand guidelines



Design Tokens: Reference Color

AM	PM
color-ref-12am #40475B	color-ref-1am #824000
color-ref-1am #1F4C8B	color-ref-1pm #E0A000
color-ref-2am #493DF8	color-ref-1pm #70A5C1
color-ref-3am #5732CA	color-ref-2pm #80A0E9
color-ref-4am #6D477C	color-ref-3pm #88A1BF
color-ref-5am #E5E5E6	color-ref-4pm #E770AE
	color-ref-5pm #94949C
	color-ref-6pm #404040
	color-ref-7pm #D4D4D4
	color-ref-8pm #3E3E3E
	color-ref-9pm #2E2E2E
	color-ref-10pm #1E1E1E
	color-ref-11pm #000000

Other: color-gray-dark #212121, color-gray-medium #4D4D4D, color-gray-light #999999, color-white #FFFFFF

7-8AM

color-gradient-7am-8am

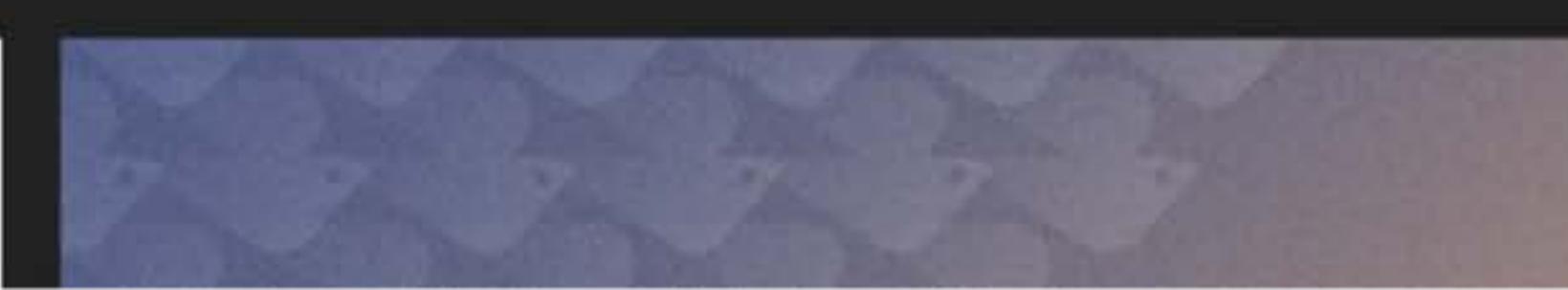
color-ref-8am Opacity: 70%
color-ref-7am Opacity: 100%

Geometric Pattern

06 Visual Language

Custom

You can customize the



Vitally

A system to improve health outcomes and lower healthcare costs using real-time measurement, and behavior moditication

ROLE

Senior Brand & Product Designer

YEAR

2019-2021

TEAM

Product Manager @All Turtles

Principal Product Designer @All Turtles

Content Designer @All Turtles

User Researcher @All Turtles

Illustrator @All Turtles

PLATFORM

iOS

DELIVERABLES

Brand identity

User flow

Mockups

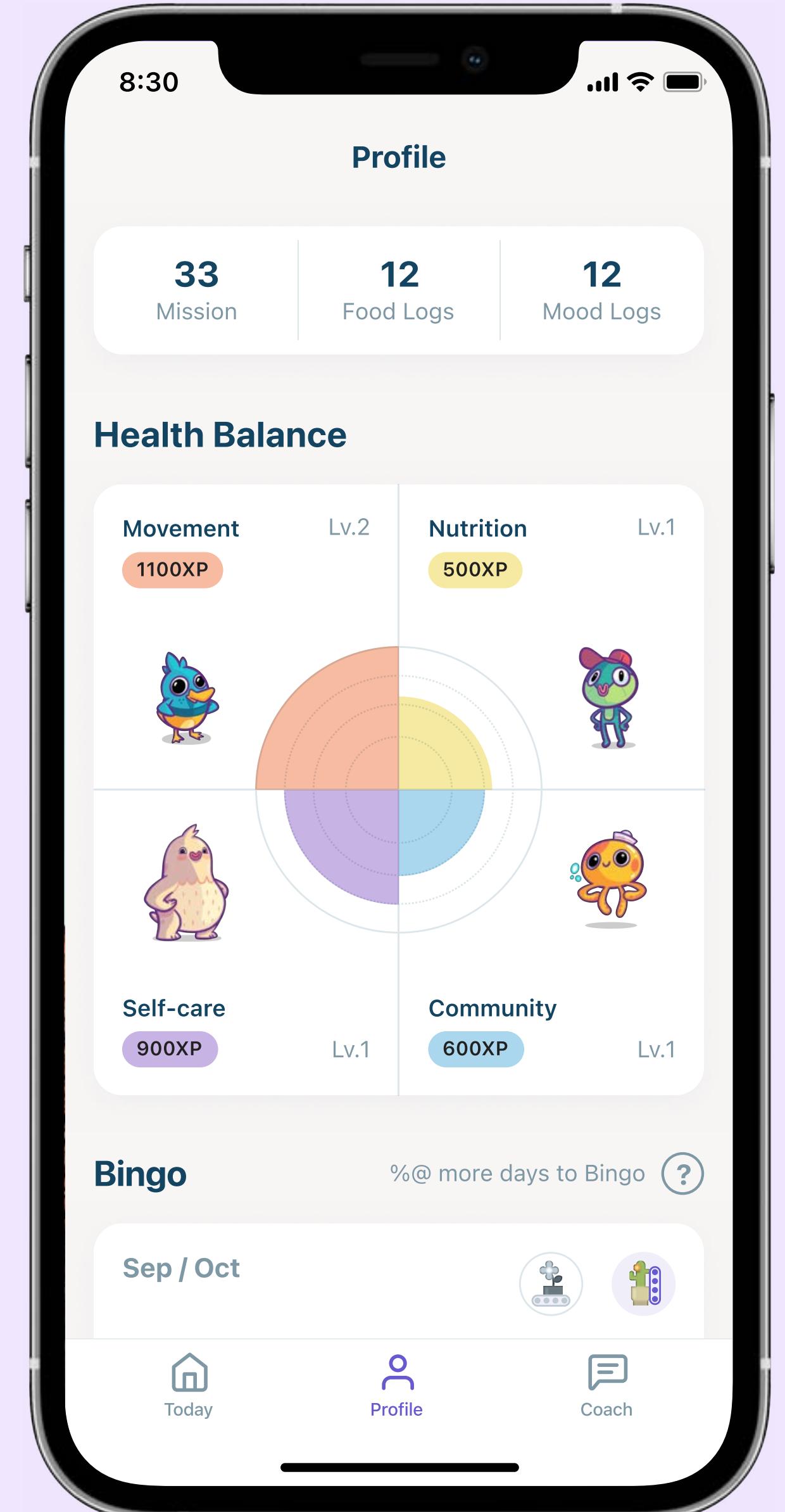
Prototyping

User research

Visual design

Art direction for animations

Localization



Brand identity



I developed the brand identity – the triangle represents the human body, and the colors correspond to the five pillars of health we defined: Movement, Nutrition, Self-care, Community, and Coaching.

Onboarding

1. Welcome to Vitally

Vitally helps you build mindful habits so you can tune into your physical, emotional, and social wellbeing.

Sign in with Apple

By signing in, you agree to [Vitally's Terms of Use](#) & [Privacy Policy](#).

Movement

Feel stronger in your body by adding more movement to your daily routine. Walking, stretching, and strengthening improves energy, flexibility, and long-term health.

Nutrition

Improve your relationship to food by logging your meals and getting personalized feedback. Nutrition Missions will help you recognize hunger/fullness cues, eat without distraction, and establish nutritional balance.

Self-care

Reset with techniques to manage stress and maintain work-life balance. Reflect on what matters with Mood Logging.

Community

Good health is a shared responsibility. Get healthier together by nurturing relationships, practicing good hygiene, and taking care of others.

Work 1:1 with a Coach

Get expert advice on nutrition and physical activity from a credentialed Coach.

Hi Coach! I'm here for you.

Let me show you what a balanced meal looks like.

Stand and stretch your legs

Take the stairs

Hold Chi

Hold a plank

Do squats

Log your meal

Eat a meal as slowly as possible

Avoid snacking between meals

Eat a plant-based meal

Drink water hydrated

Do a breathing exercise

Log your mood

Write a gratitude list

Get a good night's sleep

Look at scenes of nature

Text someone you haven't talked to in a while

Stay home if you feel sick

Wash your hands often and thoroughly

Practice safe social distancing

Avoid sharing utensils

Missions

The Vitally app interface for missions is shown across three screens:

- Left Screen (Main Missions View):** Shows the "Today" tab with a "Suggestions" section. It features a "Movement" card ("Do arm circles" with 150 XP) and a "Nutrition" card. Below is a "Schedule" section with an "IN PROGRESS" item: "Do arm circles" (Done). Navigation icons for Today, Profile, and Coach are at the bottom.
- Middle Screen (Mission Detail):** A mission card for "Take a walk" (150 XP). It includes a cartoon bird icon, a description ("Even a light stroll can improve cardiovascular health."), duration options (10 min, 20 min, 30 min), a "START" button, a "REMIND ME" button, and tabs for "Benefits" and "Tips". A note about reducing sedentary time is visible.
- Right Screen (Mission Progress):** Shows the mission "Take a walk" is "In progress". It displays a timer set for 05:00, a "I DID IT!" button, and a "END MISSION" button. Below are sections for "Benefits" (e.g., "Reduce sedentary time") and "Tips".

Animations

Brand Style

Fun Unexpectedly playful

Friendly and accessible Supportive

Non-judgemental Informative

Encouraging Does not feel "hard"

In collaboration with an animation studio, I art directed and crafted storyboards for animations of exercise missions.

Stand firmly with your feet hip width apart.

Extend your arms to either side so that they are parallel to the floor and form a "T" shape.

Slowly circle the arms forward. Imagine your fingertips tracing a circle the size of a melon.

Reverse directions. Circle your arms backward.

Preparing time Pause

Preparing time Pause

0:59 Pause

0:30 Pause

Profile

The image displays five mobile application screens from the Vitally app, arranged horizontally. Each screen has a light purple header bar with the time '8:30' and signal/battery icons.

- Profile Screen:** Shows a summary of activity levels: 33 Mission, 12 Food Logs, and 12 Mood Logs. It includes a 'Health Balance' section with a circular chart divided into four quadrants: Movement (Lv.2, 1100XP), Nutrition (Lv.1, 500XP), Self-care (Lv.1, 900XP), and Community (Lv.1, 600XP). Below this is a 'Bingo' section for September/October. At the bottom are navigation icons for Today, Profile, and Coach.
- Movement Screen:** Titled 'Movement' with a bird icon. It shows 'Level 2' progress (1,100 / 2,000 XP) and a description: 'When you move more, you feel better. Add more movement to your daily routine to improve energy, flexibility, strength, and long-term health.' It lists completed missions: 'Do desk push-ups' (+150XP, Oct 2, 9:20 AM), 'March in place' (+150XP, Oct 2, 9:20 AM), and 'Do arm circles' (+150XP, Oct 2, 9:20 AM). A 'See all' button is at the bottom.
- Nutrition Screen:** Titled 'Nutrition' with a green alien icon. It shows 'Level 2' progress (1,100 / 2,000 XP) and a description: 'You are what and how you eat. Eat more mindfully by noticing hunger/fullness cues, eating without distraction, and establishing nutritional balance.' It lists completed missions: 'Wash your hands when handling food' (+150XP, Oct 2, 9:20 AM), 'Avoid added sugars' (+150XP, Oct 2, 9:20 AM), and 'Avoid alcohol' (+150XP, Oct 2, 9:20 AM). A 'See all' button is at the bottom.
- Self-care Screen:** Titled 'Self-care' with a yellow chick icon. It shows 'Level 2' progress (1,100 / 2,000 XP) and a description: 'When you feel stressed, reset with techniques to manage stress, maintain work-life balance, and reflect on what matters.' It lists completed missions: 'Do a breathing exercise' (+150XP, Oct 2, 9:20 AM), 'Look at scenes of nature' (+150XP, Oct 2, 9:20 AM), and 'Get plenty of quality sleep' (+150XP, Oct 2, 9:20 AM). A 'See all' button is at the bottom.
- Community Screen:** Titled 'Community' with an orange octopus icon. It shows 'Level 2' progress (1,100 / 2,000 XP) and a description: 'Take better care of yourself by taking care of your community. Get healthier together by nurturing relationships and practicing good hygiene.' It lists completed missions: 'Sanitize your hands before work' (+150XP, Oct 2, 9:20 AM), 'Check in with your team before a meeting' (+150XP, Oct 2, 9:20 AM), and 'Social distance on public transit' (+150XP, Oct 2, 9:20 AM). A 'See all' button is at the bottom.

Thanks!

I'm looking forward to talking with you.

Namika Hamasaki (she/her)

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