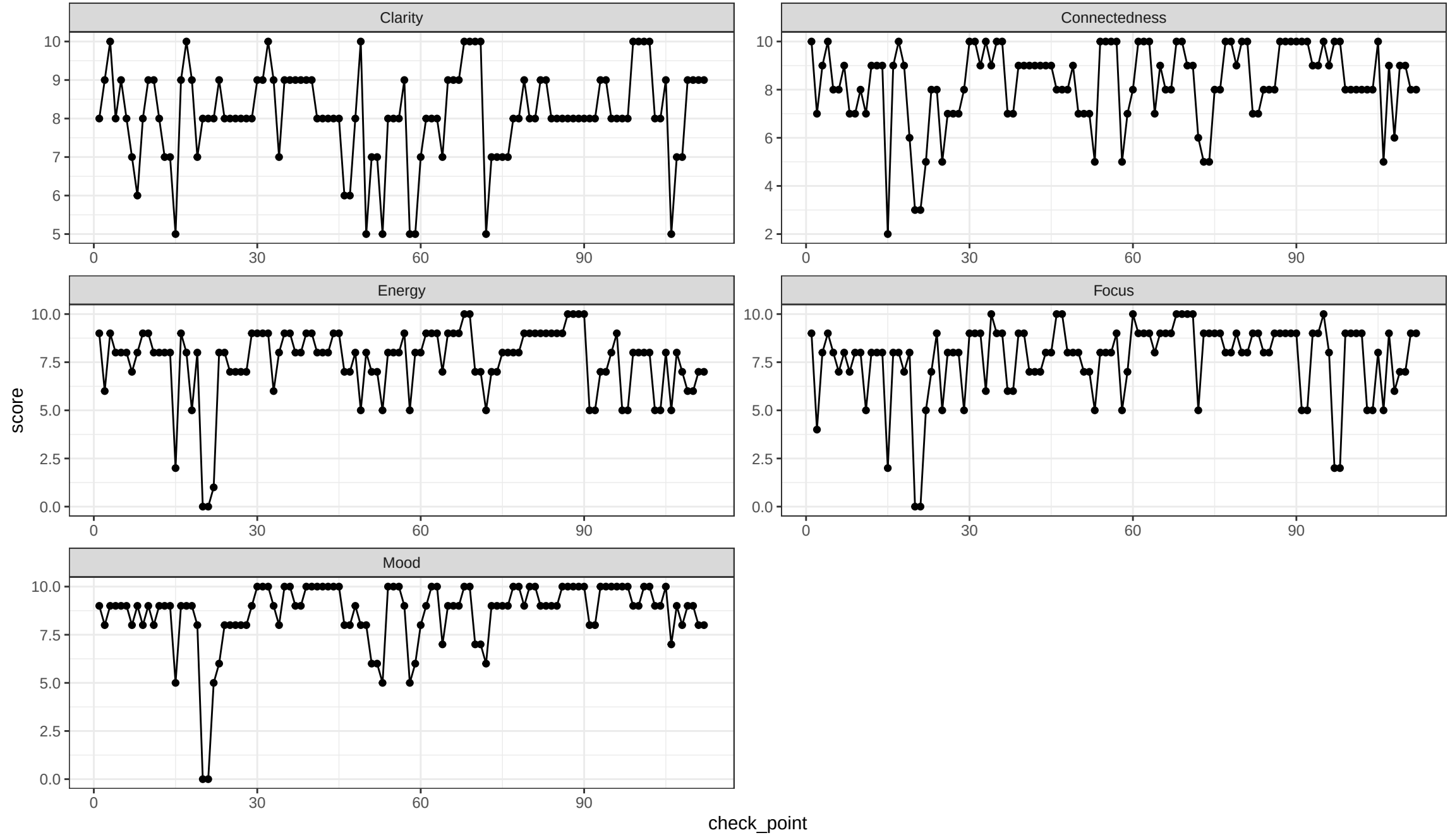
Clarity
Connectedness
Energy
Focus
Mood
score
check_point
0
30
60
90
10
9
8
7
6
5
4
2
10.0
7.5
5.0
2.5
0.0