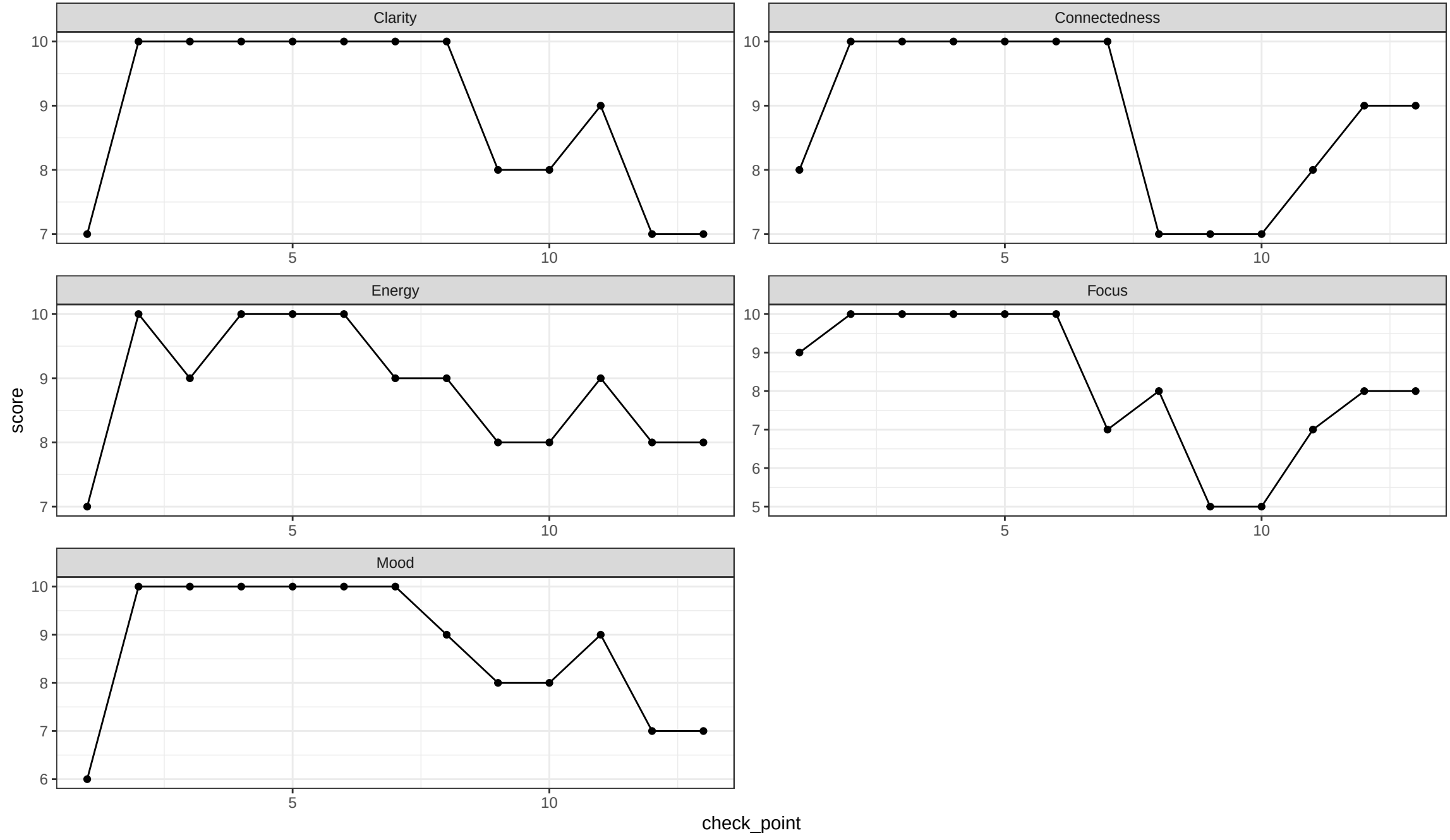
Clarity
Connectedness
Energy
Focus
Mood
score
check_point
10
9
8
7
6
5
5
10