

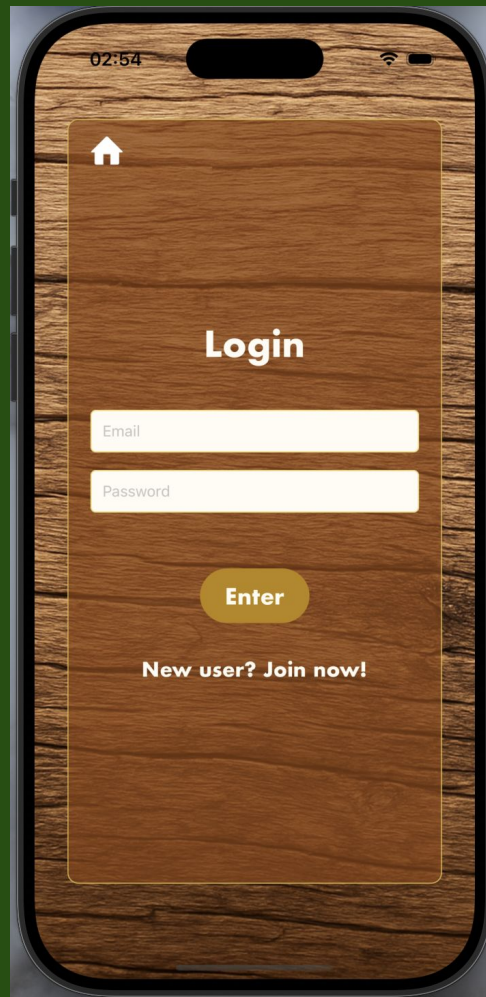


A lightweight wellness journaling
mobile application

LyfeLog Features

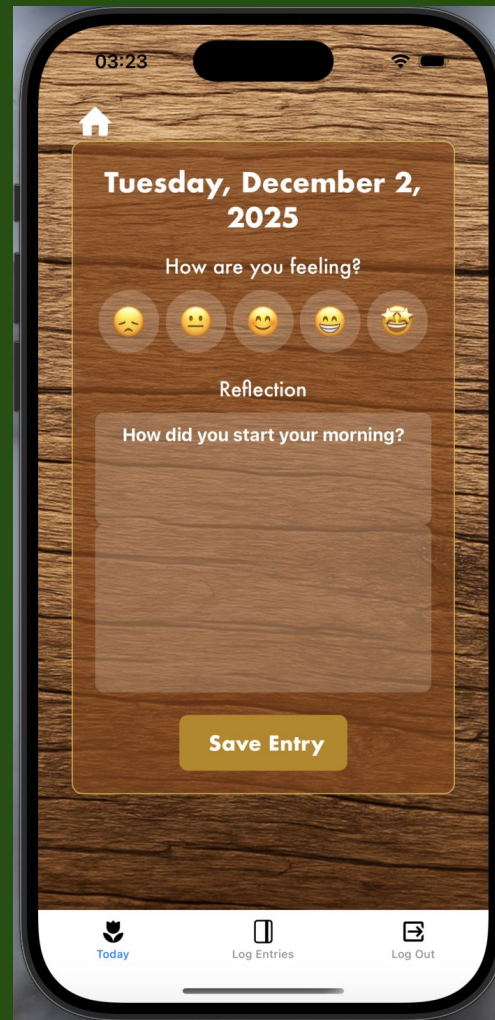
User
Authentication

Optional Immersive
Audio



LyfeLog Features

- Daily journaling with AI generated reflection prompts
- Mood logging
- UI tabs for quick and easy navigation



LyfeLog Features

Log Entries



Monday, April 1, 2025

It was very dreary outside but being around good people made it a bit b...



Tuesday, May 1, 2025

Today I ate some dumplings and seaweed for lunch.



Wednesday, June 1, 2025

Getting a good workout in at the gym this morning.

Log entry history



Monday, April 1, 2025

Reflection Prompt: How did your surroundings feel today?

It was very dreary outside but being around good people made it a bit brighter.

Delete



