



A lightweight wellness journaling
mobile application

LyfeLog Tech Stack

- Framework — React Native with Expo
- Navigation — Expo Router Navigation
- Backend (Authentication, Database) — Appwrite
- Audio — Expo AV

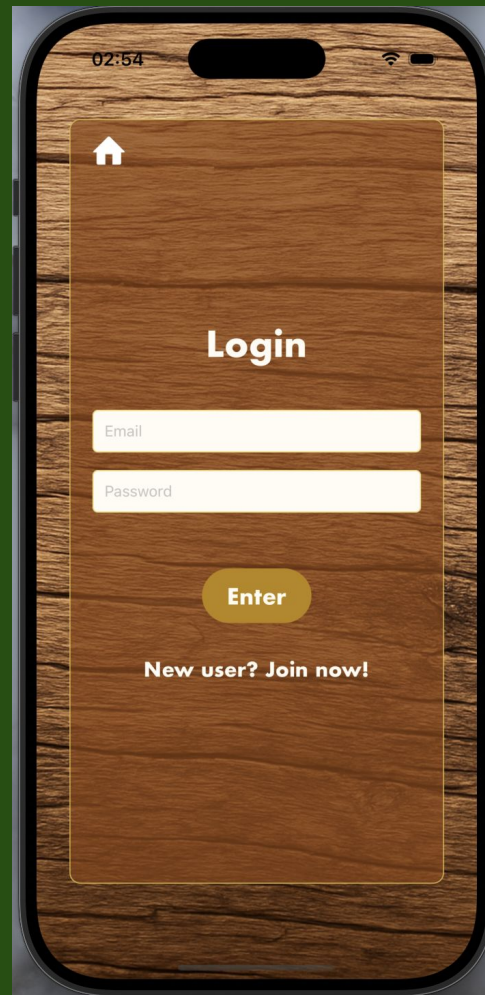




LyfeLog Features

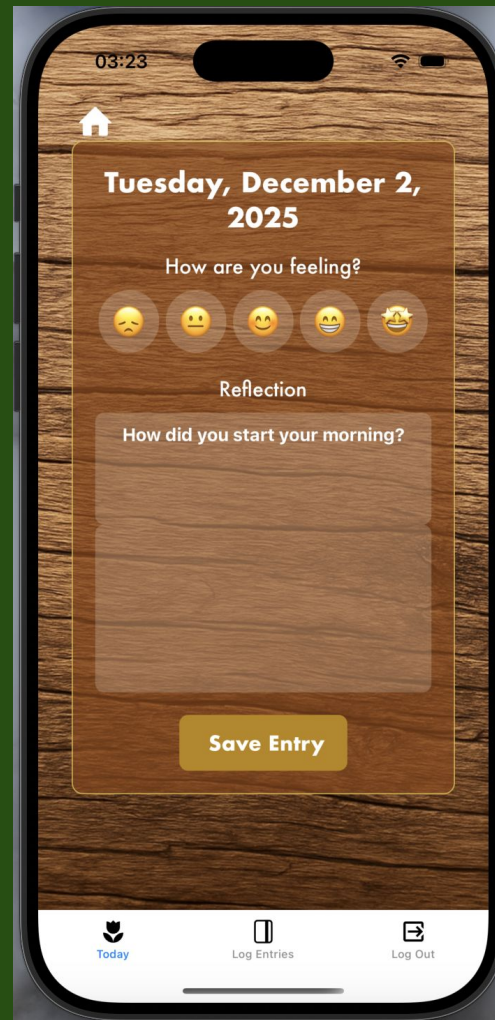
User
Authentication

Optional
Immersive Audio



LyfeLog Features

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



LyfeLog Features

Log entry history

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.



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



User Flow Demo



Questions??

