



Move Wellthy

Wellness Journey

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Welcome back!

Your wellness journey



Morning exercise routine

9.98 km

Duration	Altitude climb	Heart Health
Achivemen	126m	Good

Your schedule for



Aqua fitness class

Scheduled activity



Racket sport session

Half an hour



Physical therapy

Workout duration

New challenge

Friends activities



Morning workout routine -
Challenge completed



Mindful meditation session - Mind
body practice



Positive

Join wellness challenge

All

Meditation

Yoga

Sleep

Confidence

Mindfulness

Relax

Gratitude

Fitness

Relaxing tunes



Nighttime
serenity



Cozy feline



Dreamy
atmosphere



Midday
siesta

Mindful moments



Focus & clarity

Evening tranquility



Explore challenges



Challenge completed

Recently completed



New yoga session attended

Recently updated



New personal best achieved

Recent accomplishment



Seeking inspiration

Recently active



Engaged in running activity

Activity updates



Open visit logged

New fitness class experience



First-time yoga participant

Activity logged





Achieve Balance



Search for challenges

Join

Monthly Challenge

Physical

Mental

Wellness

Yoga

Nature Walk

Dance

Meditation

Mindfulness

Breathing

Progress Tracker



Explore



Monthly Challenge: Mindful Meditation

Join us this month in a journey towards mindfulness. Participate in daily meditation sessions and track your progress.

[View Challenge Details](#)

Track Progress



Challenge Details

Physical Activities

 Jogging for 30 minutes daily

Mental Activities

 Meditation for 15 minutes

Duration



14 Days Challenge

Goals

Improve stamina

Enhance mental clarity

Develop a consistent routine

Rewards



Earn a wellness badge

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WellnessChallenges

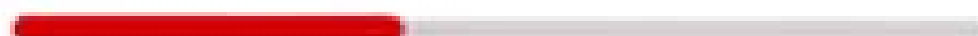
Morning Yoga



70% Complete



Hydration Goal



40% Complete



Evening Meditation



90% Complete



[View Overall Progress](#)

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