This app is a simple app where the user can see their heartrate, the number of steps they’ve taken, and also see how they’ve felt throughout the day as an easy form of journaling. The user can immediately see their current heartrate and the number of steps they’ve taken along with various mood buttons. To track their mood, the user presses the button that correlates with their mood the best at that moment and the app saves that input. The user can also see how their mood has been so far alongside their heartrate and the number of steps they’ve taken all in different graphs. All of this data is saved for each day as a way for the user to keep track of their health and make any necessary changes to their life.