

CalmPal Release Notes

January 14, 2025

What's New

Guided Meditation	Our new collection of breathing exercises is now live! Choose from a variety of themes, including Bedtime Routine and Energy Mode, to match your needs.
Dark Mode	Dark Mode is here! Try this feature in Settings > Display for a better experience at night.

Improvements

Battery Life	CalmPal now consumes less battery when tracking your exercise sessions, giving you more time to focus on your wellbeing.
Text Sizes	You can now choose from different text sizes in Settings > Display for a more comfortable experience.

Bug Fixes

Email Notifications	We fixed an issue where some users were not receiving email notifications for in-app messages.
Date Format	We fixed an issue where the app displayed the incorrect date format for users in certain time zones.