

09:52 AM



**PLEASE ENTER YOUR  
GENDER AND DATE OF  
BIRTH**

FIRST NAME

LAST NAME

GENDER

DATE OF BIRTH



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DIARY ▾



HOW ARE WE FEELING TODAY?



80



DRAG THE CURSOR TO THE POSITION THAT  
DESRIBES YOUR MOOD TODAY

RECORD

WHAT DID YOU DO TODAY?


DAILY ADVICE: FIND SOME TIME TODAY TO TAKE A  
WALK OR READ A COUPLE CHAPTERS OF A BOOK

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CHILL ZONE ▾



## 10 MINUTE MINDFULNESS MEDITATION



### MEDITATION

A playlist of some of our  
meditation videos



### WORKOUT

A playlist of some of our  
workout videos

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COMFORT ZONE ▼

## COMFORT ZONE CHALLENGES

Daily challenges the app assigns to you to get out of your comfort zone so you can become more confident

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Start a conversation with a colleague at work



DIFFICULTY: EASY

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Have a photoshoot out in public



DIFFICULTY: MEDIUM

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Go to karaoke bar with friends you wish to get closer to



DIFFICULTY: HARD

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USER445

DIARY

CHILL ZONE

COMFORT ZONE  
CHALLENGES

SETTINGS