

App Concept and Purpose

- App Name
 - Chronos
- App Overview
 - A health journal that users can use to track their health over time.
- Target Audience
 - Health-conscious individuals
- Core Value Propositions
 - No app currently exists that offers users a simple and sleek UI to journal their health specifically.
 - The ability to look back on past journal entries allows users to learn about their health in a more qualitative manner.