

<

October

>

S	M	T	M	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

09:30	English exam	Edit
18:15	Family Dinner	Edit
		Delete
Edit		

Overall Mood



Entries

4

View

Completed tasks

4 out of 7

View

Goals

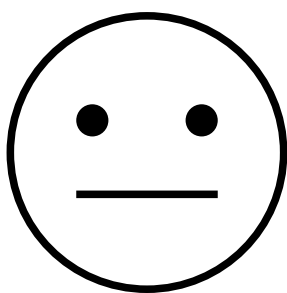
2

View

View today



TUESDAY, 1 OCT



Feeling meh

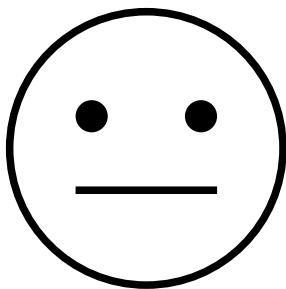
19:08



Lorem ipsum dolor sit amet, consectetur adip-
isicing elit, sed do eiusmod tempor incididunt ...



MONDAY, 30 SEP

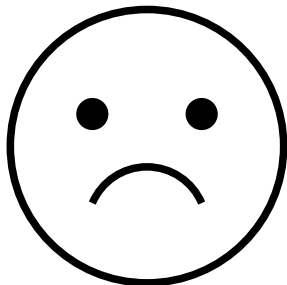


Feeling meh

19:08



Lorem ipsum dolor sit amet, consectetur adip-
isicing elit, sed do eiusmod tempor incididunt ...



Sad

13:24



Lorem ipsum dolor sit amet, consectetur ...



Profile



Journal



Goals



Stats

View all



MONDAY, 30 SEP



Feeling meh

19:08



Lorem ipsum dolor sit amet,
consectetur adipisicing elit...



Sad

13:24



Lorem ipsum dolor sit amet,
consectetur...



Profile



Journal



Goals



Stats

Cancel

ADD NEW EVENT

Add

TUESDAY, 1 OCT

Title

|

Add a note

Time

12	56
13	57
14	58
15	59
16	00
17	01
18	02
19	03
20	04

Cancel

EDIT EVENT

Save

TUESDAY, 1 OCT

Title

Groceries

Add a note

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque.

Time

12	56
13	57
14	58
15	59
16	00
17	01
18	02
19	03
20	04

Cancel

Create new entry

Add

HOW ARE YOU?

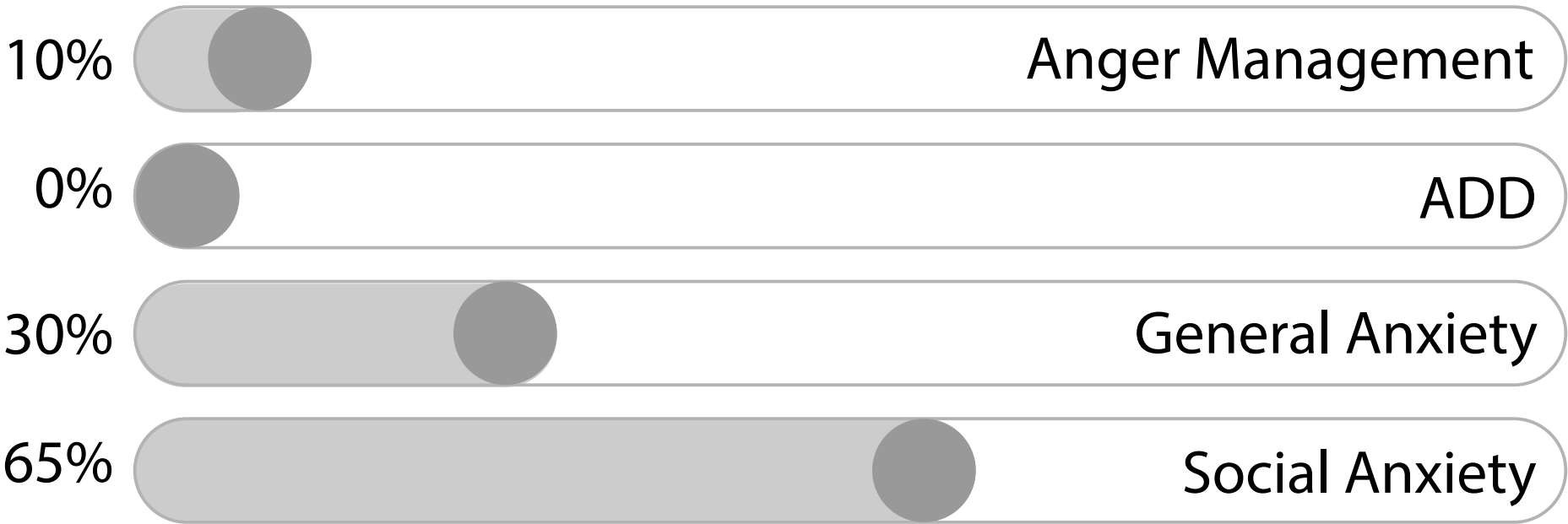
Today, 1 Oct, 20:42

Title

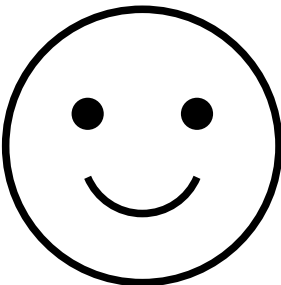
|

Describe your entry

Rate the severity of your mental issues in this situation (opinional)



Rate your overall mood



Cancel

Edit entry

Save

HOW ARE YOU?

Today, 1 Oct, 20:42

Title

Feeling happy

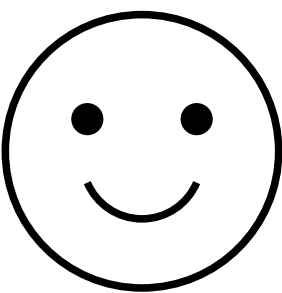
Describe your entry

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis.

Rate the severity of your mental issues in this situation (opinional)



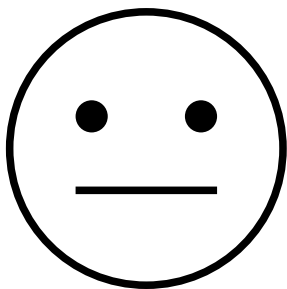
Rate your overall mood



View today



TUESDAY, 1 OCT



Feeling meh

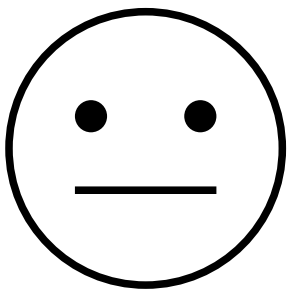
19:08



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isicing elit, sed do eiusmod tempor incididunt ...



MONDAY, 30 SEP

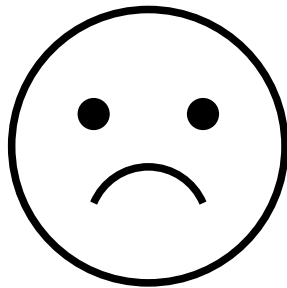


Feeling meh

19:08



Lorem ipsum dolor sit amet, consectetur adip-
isicing elit, sed do eiusmod tempor incididunt ...



Sad

13:24



Lorem ipsum dolor sit amet, consectetur ...



Profile



Journal



Goals



Stats