

<

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



View

Entries

4

Completed tasks

4 out of 7

View

Goals

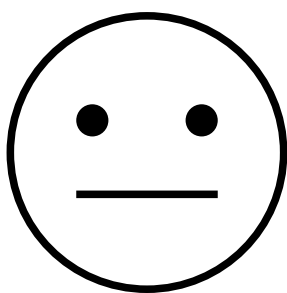
2

View

View today



TUESDAY, 1 OCT



Feeling meh

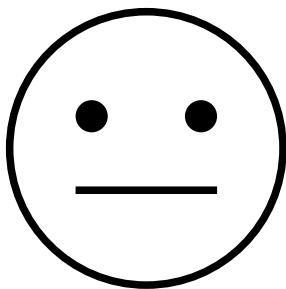
19:08



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



MONDAY, 30 SEP

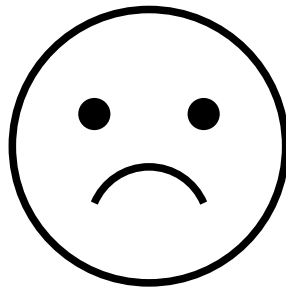


Feeling meh

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

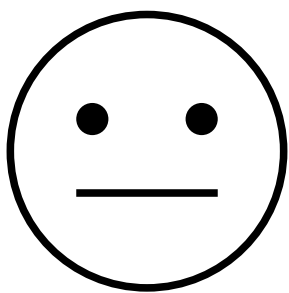


Stats

View all



MONDAY, 30 SEP

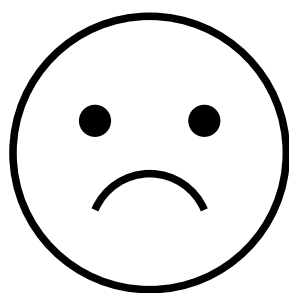


Feeling meh

19:08



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

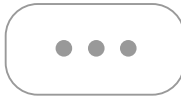


Sad

13:24



Lorem ipsum dolor sit amet, consectetur ...



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?

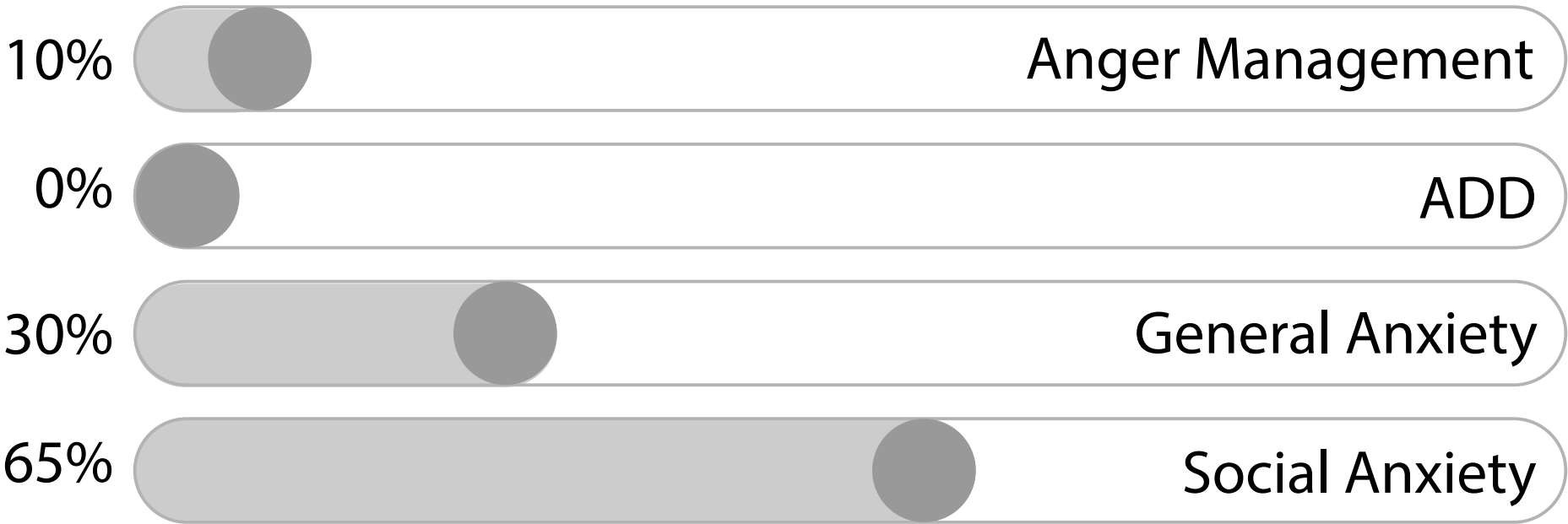
Today, 1 Oct, 20:42

Title

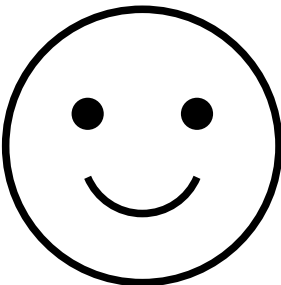
|

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

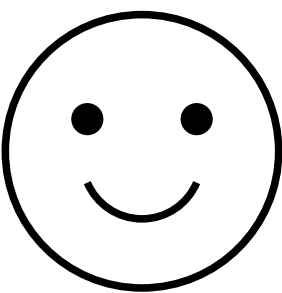
Describe your entry

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

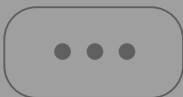


Feeling meh

19:08



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 ...



Delete

Edit

Cancel