

<

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



Boring Day

19:08



Sed do eiusmod tempor inci-
didunt lorem ipsum delor...



MONDAY, 30 SEP

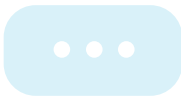


Feeling Meh

19:08



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



Sad

13:24



Lorem ipsum dolor sit amet,
consectetur...



Profile



Journal



Goals



Stats

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...



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)

Anger Management



Social Anxiety



General Anxiety



ADD



Rate your overall mood



Cancel

EDIT ENTRY

Save

HOW ARE YOU?

Today, 1 Oct, 20:42

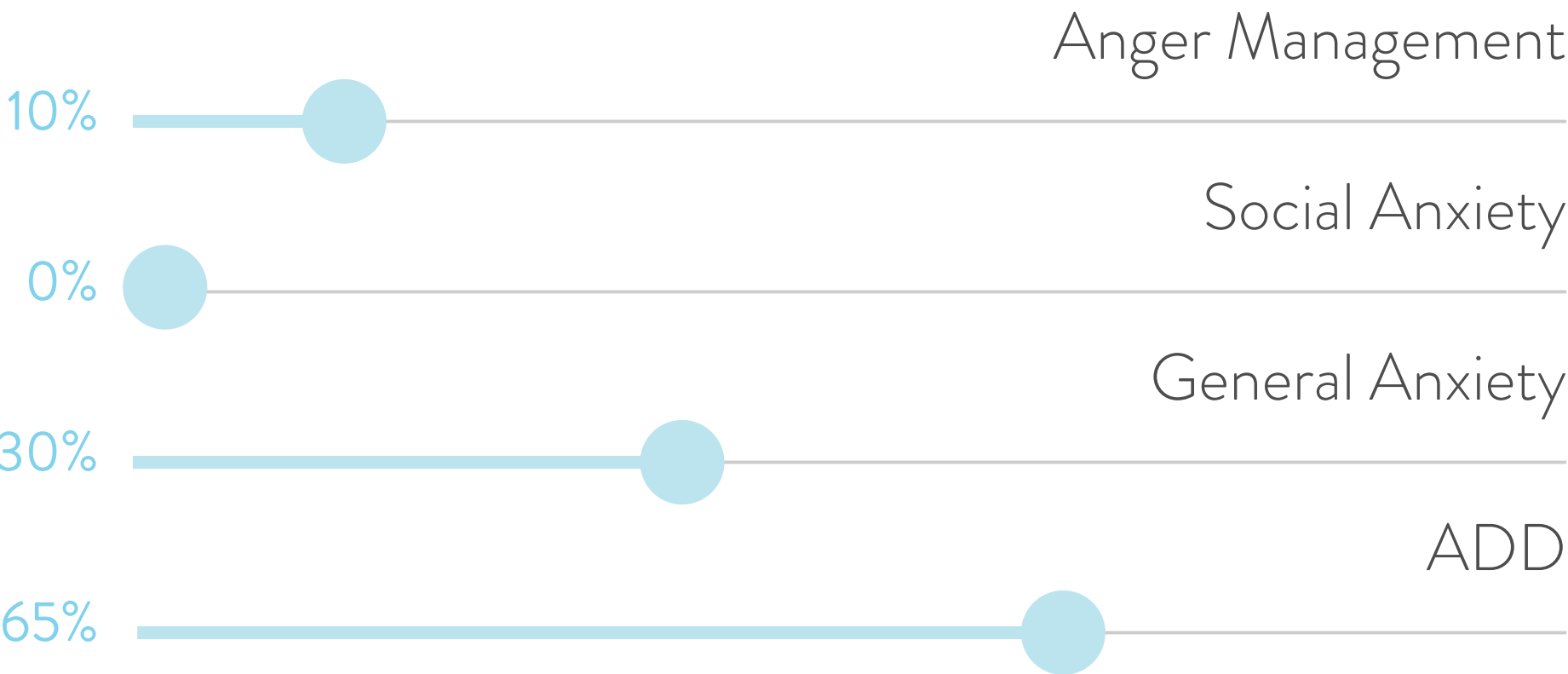
Title

Feeling happy

Describe your entry

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

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



Rate your overall mood



View today

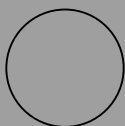


TUESDAY, 1 OCT



Boring Day

19:08



Sed do eiusmod tempor inci-
didunt lorem ipsum delor...



MONDAY, 30 SEP



Feeling Meh

19:08



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

Delete

Edit

Cancel