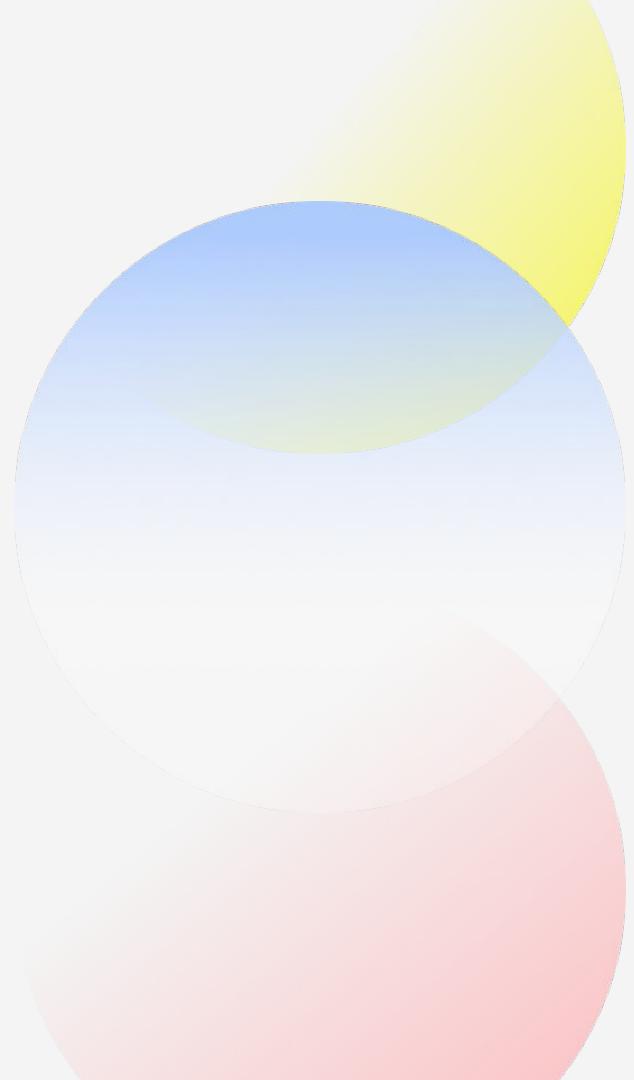


Detox and Unwind Demo

Arushi Patra





Detox & Unwind

Check-In Dashboard

Daily Check-In

How's your mood today?

I felt cheerful and in good spirits



I felt calm and relaxed



I felt active and vigorous



I woke up feeling fresh and rested



My daily life has been filled with things that interest me



Step Count

Enter your steps

Journal Entry

How was your day?

Submit Check-In

Check in
Screen

Detox & Unwind

 [Check-In](#)  [Dashboard](#)

 [Dashboard](#)

WHO-5 Well-Being Score

Daily Steps

Blank
Dashboard



Detox & Unwind

Check-In Dashboard

Daily Check-In

How's your mood today?

I felt cheerful and in good spirits

I felt calm and relaxed

I felt active and vigorous

I woke up feeling fresh and rested

My daily life has been filled with things that interest me

Step Count

6000

Journal Entry

How was your day?

Submit Check-In

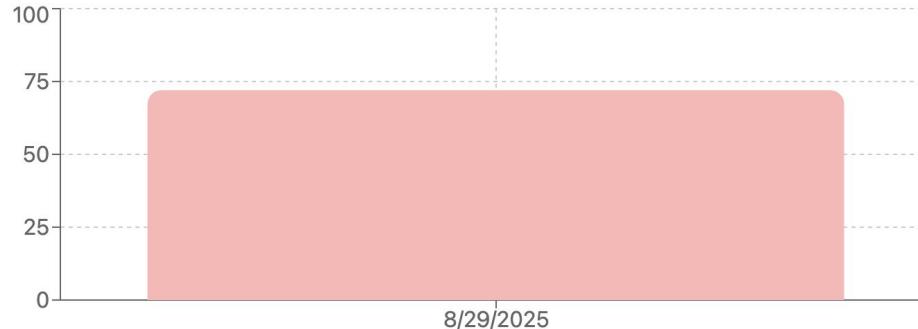
Check in
Screen
with
simulated
values

🧘 Detox & Unwind

 Check-In  Dashboard

 Dashboard

WHO-5 Well-Being Score



 Excellent! Your well-being score suggests strong mental health.

Dashboard
(Simulated
goal of
10,000
steps)

Daily Steps

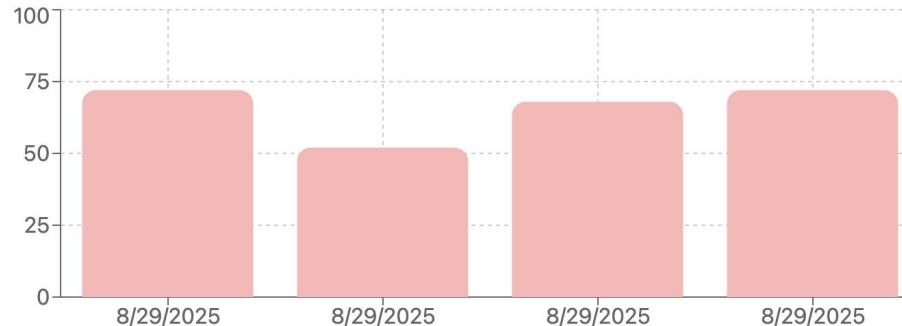




[Check-In](#) [Dashboard](#)

Dashboard

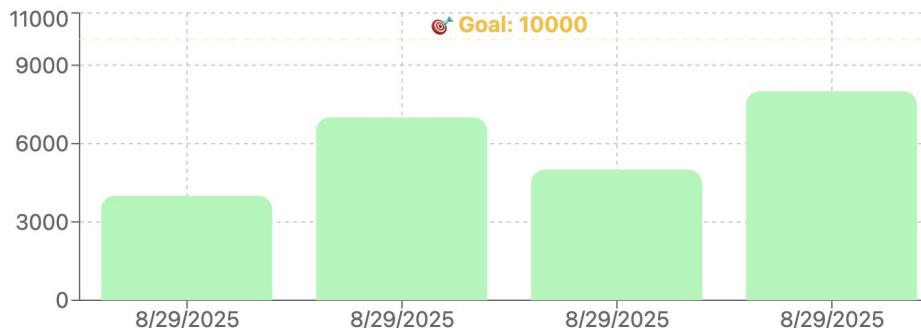
WHO-5 Well-Being Score



Excellent! Your well-being score suggests strong mental health.

Dashboard
with values
over time
and
insights

Daily Steps



Goal: 10000

Thank you!

