

# Detox and Unwind Demo

Arushi Patra





# Detox & Unwind

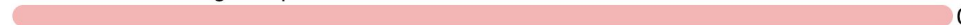
[Check-In](#) [Dashboard](#)



## Daily Check-In

### How's your mood today?

I felt cheerful and in good spirits



0 1 2 3 4 5

I felt calm and relaxed



0 1 2 3 4 5

I felt active and vigorous



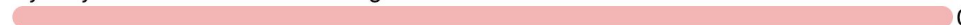
0 1 2 3 4 5

I woke up feeling fresh and rested



0 1 2 3 4 5

My daily life has been filled with things that interest me



0 1 2 3 4 5



### 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

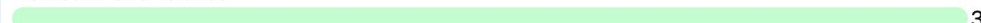
### How's your mood today?

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0 1 2 3 4 5

I felt calm and relaxed



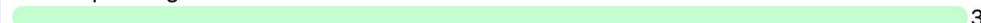
0 1 2 3 4 5

I felt active and vigorous



0 1 2 3 4 5

I woke up feeling fresh and rested



0 1 2 3 4 5

My daily life has been filled with things that interest me



0 1 2 3 4 5

### Step Count

6000

### Journal Entry

How was your day?

Submit Check-In

Check in  
Screen  
with  
simulated  
values



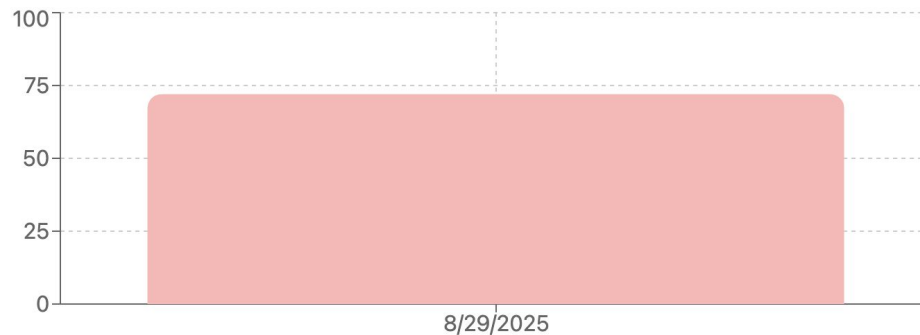
# Detox & Unwind

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



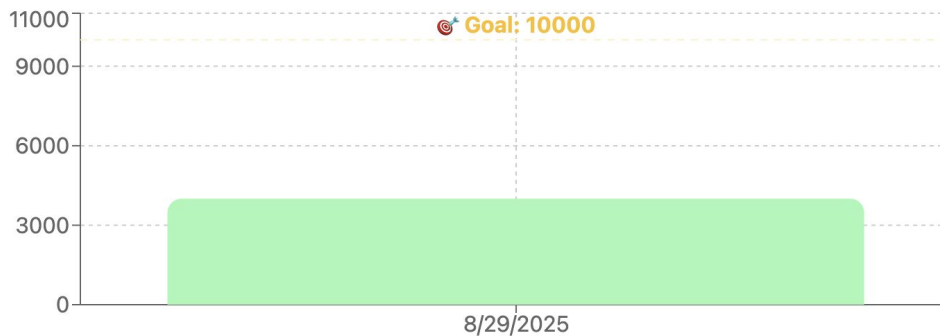
## Dashboard

### WHO-5 Well-Being Score



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

### Daily Steps



Dashboard  
(Simulated  
goal of  
10,000  
steps)



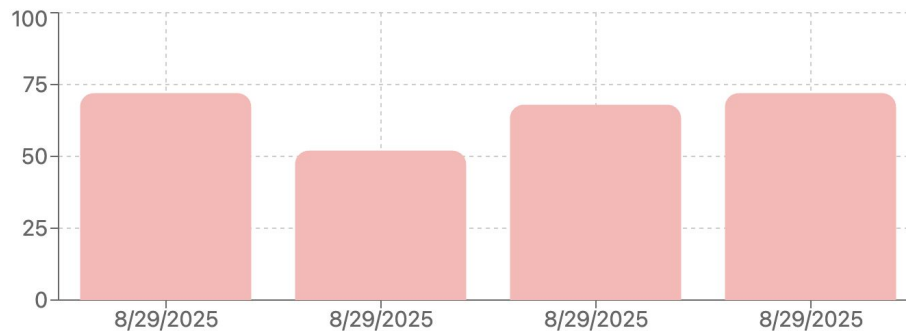
# Detox & Unwind

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



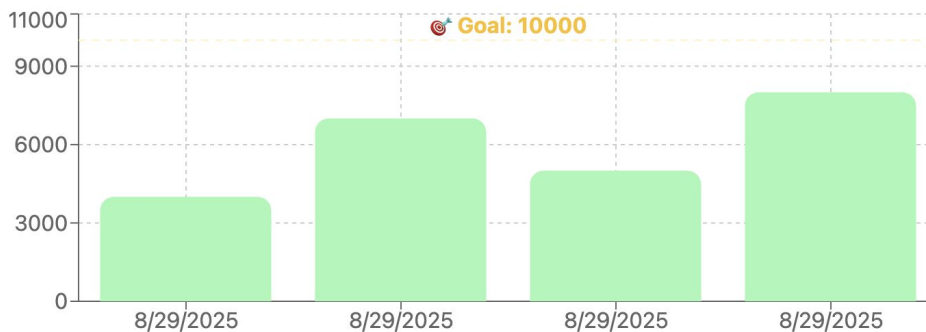
## Dashboard

### WHO-5 Well-Being Score



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

### Daily Steps



Dashboard  
with values  
over time  
and  
insights

# Thank you!

