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Wellness 360

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Wellness 360



**Time
Tracking**



**Social media
detox**



**Sleep
Tracker**



**Mindfulness
Tools**



Focus



Settings





Time tracking

Family Work Personal Workout +



January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<div><div>● Assignment</div><div>● Workout</div></div>	<div><div>● Workout</div></div>	<div><div>● Assignment</div><div>● Workout</div></div>	<div><div>● Cleaning</div><div>● Workout</div></div>	<div><div>● tea</div><div>● Workout</div></div>	<div><div>● Cleaning</div><div>● Workout</div></div>	<div><div>● Workout</div></div>
<div><div>● friends</div><div>● Workout</div></div>	<div><div>● Workout</div></div>	<div><div>● Assignment</div><div>● Workout</div></div>	<div><div>● Cleaning</div><div>● Workout</div></div>	<div><div>● tea</div><div>● Workout</div></div>		<div><div>● Workout</div></div>
			<div><div>● Assignment</div></div>	<div><div>● Cleaning</div><div>● Workout</div></div>		
	<div><div>● Cleaning</div><div>● Workout</div></div>				<div><div>● Assignment</div><div>● Workout</div></div>	

Daily Summary



Work



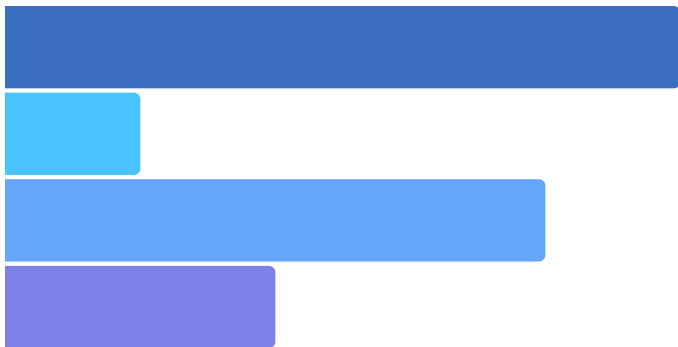
Personal



Workout



Family

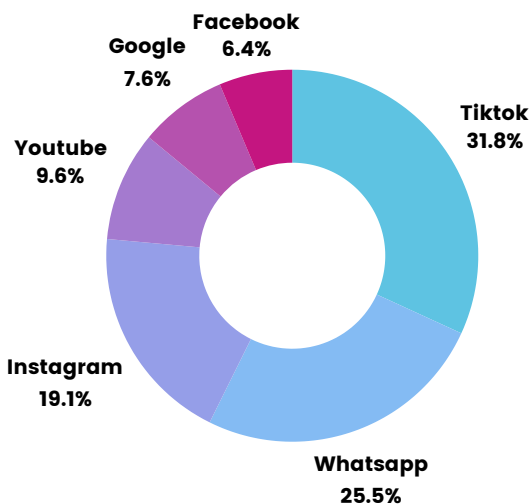




Social Media Detox

Screen time :

13.95_{HRS}



Time limit



YOU'VE USED INSTAGRAM FOR 3 HOURS
10 MINS

LOCK

UNLOCK

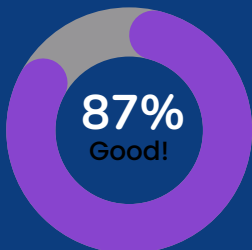




Sleep Tracker

Sunday

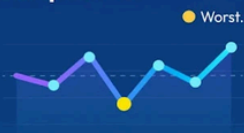
05-11 January 2025



6h 30m
Asleep

23:30-08:33
In Bed

Sleep Debts



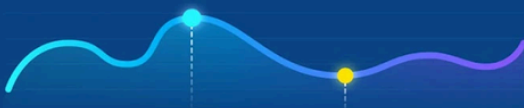
Sleep Stages



Bed time

Nov 18
22:26

● Earliest ● Latest



Noise

● Max. ● Min. ● Avg.



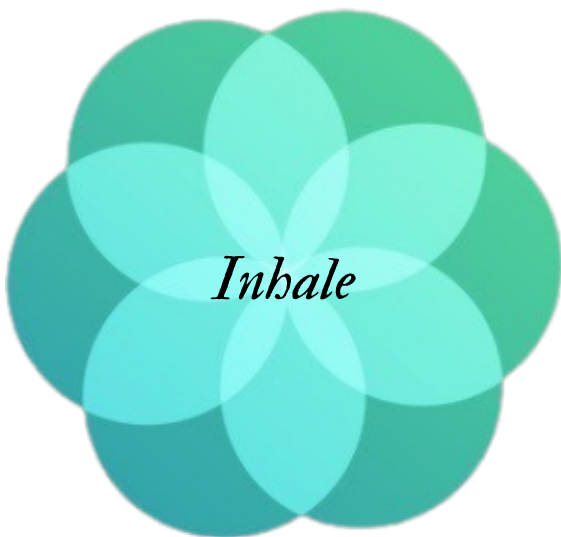


Mindfulness tools

Breathing

Meditation

Lo-Fi music



30 SECS

START





Focus

Deep focus

**HELP ME GROW
FOCUS NOW!**



FOCUS

Deep focus disables
notifications and apps for
a period of time to prevent
distractions

