



**Zeal&Heal**

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## Sign in to get your recipe for today's meal.

A good laugh and a long sleep are the best cures in the doctor's book.

### Sign in

Full Name

Email

Sign in

### Everyday GOAL to lead a healthy life :)

Hello Human!! I hope you are doing great today! Keep going. I want you to complete Today's Goal so that you can get reward at the end of the day. So lets go-->

#### DRINK WATER

2.7 - 3.2 liters

#### INTAKE CALORIES

2k - 2.5k  
calories

#### BURN CALORIES

1800 calories

#### WALK

30 minutes

#### MEDITATE

10 minutes

#### READ

10 pages



Download the app now!

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