APP

greeting

"Journal" or "User's journal"

"choose a habit & or skill? (better word?) task? goal?"

TODAY

horizontal scroll

things to complete each day to reach your goal (set by user)

HABITS

Click to see more info + set goals

Exercise everyday

nav bar w/ icons for dif tabs

option for user to add their own

vertical scroll

vertical scroll

notes/ journal page for user to write thoughts + track progress + jot down ideas

page to choose/add a new goal (opens the first time the app is downloaded + launches (after a cover screen) + also when the user chooses to add another goal/habit