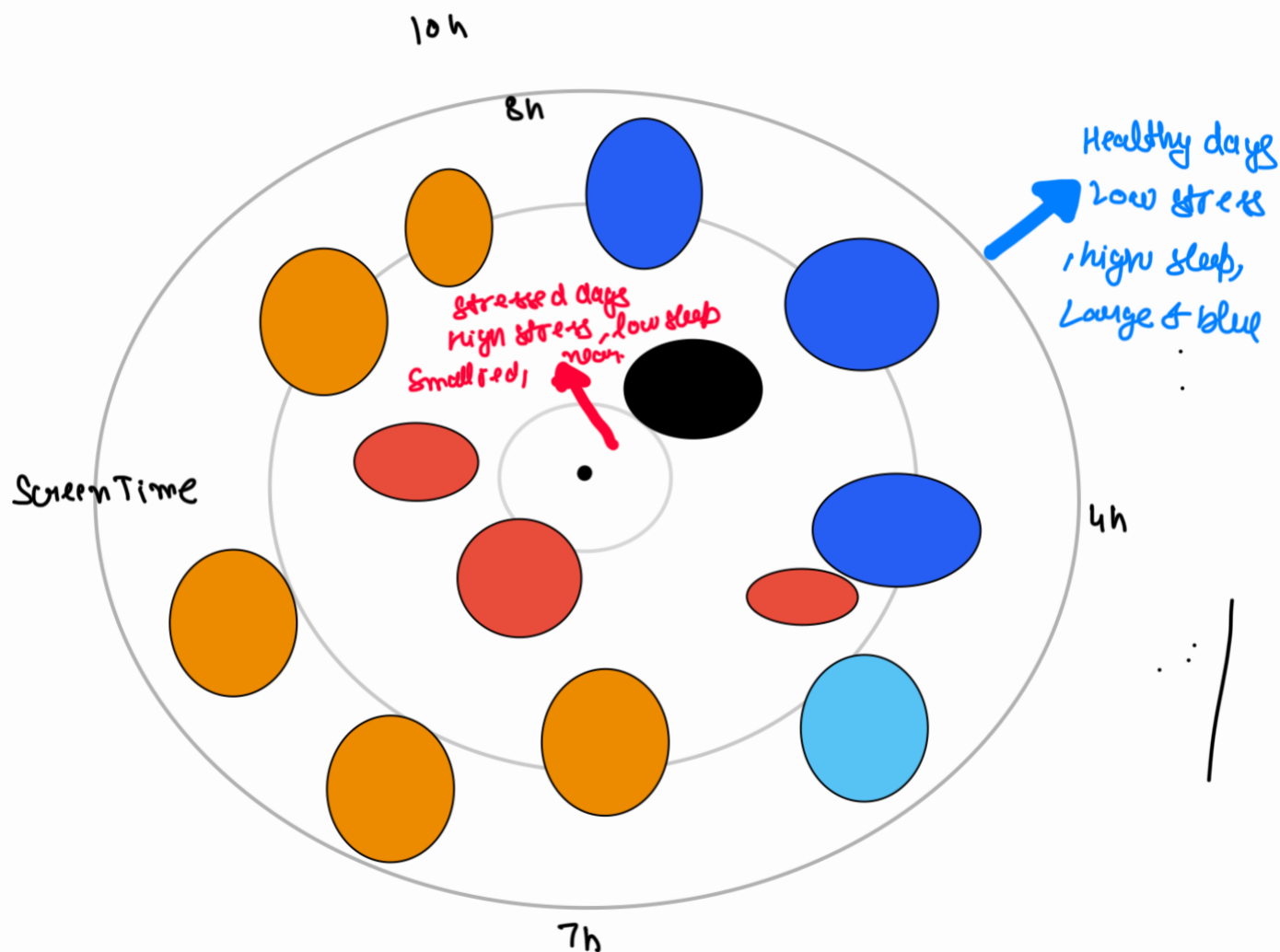


# The Wellness Folder: A day's Health Profile

(Healthy days bloom outward: stressed days inward)



## Petal Color = Stress Level

- Blue: Stress 1-2 (Calm, relaxed)
- Orange: Stress 3 (Moderate)
- Red: Stress 4-5 (High, intense)

## Petal Size = Productivity

- Small: Level 1-2 (Low productivity)
- Medium: Level 3 (Moderate)
- Large: Level 4-5 (High productivity)

## Distance from Center = Sleep Hours

- Near center: 5-6 hours (insufficient sleep)
- Middle ring: 6.5-7.5 hours (moderate sleep)
- Outer ring: 8-8.5 hours (optimal sleep)

## Angular Position = Screen Time

- Right side (3 o'clock): 4-5 hours
- Bottom (6 o'clock): 6-7 hours
- Left & Top: 8-10 hours

## Visual Metaphor Interpretation:

This radial "flower" design uses organic imagery to represent daily wellness. Like a thriving flower, healthy days "bloom" outward with large, vibrant blue petals in the outer ring (representing optimal sleep, low stress, and high productivity). Conversely, unhealthy days appear as small, red petals close to the center, representing the "wilting" effect of poor sleep, high stress, and low productivity. The angular position around the circle encodes screen time—notice how the stressed days (red petals) tend to cluster on the left side (higher screen time), while calm days (blue petals) appear more on the right (lower screen time). This visualization makes abstract health data emotionally resonant while maintaining quantitative precision.