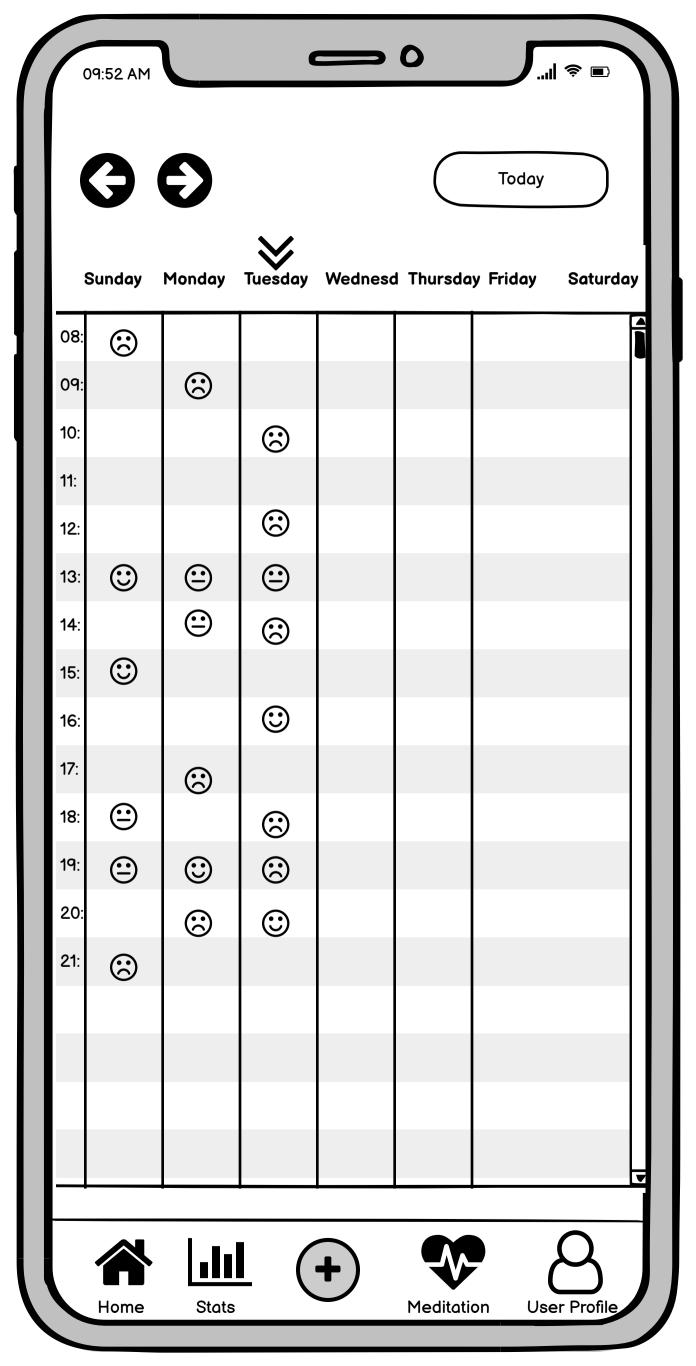


## Cloud 9



Quote of The Day

Log your feelings daily!



09:52 AM **Stats** Day Week Month 10 11 12 13 14 15 16 17 18 Hour of Day Average Mood of Day



What is your mood like today?











What is going on at the moment?

e.g. what are you doing? why are you feeling like this?

What words best describe your mood? anxious joyful happy pain excitied depressed grateful ok loved bored sad tired lonely angry











09:52 AM



## Meditation









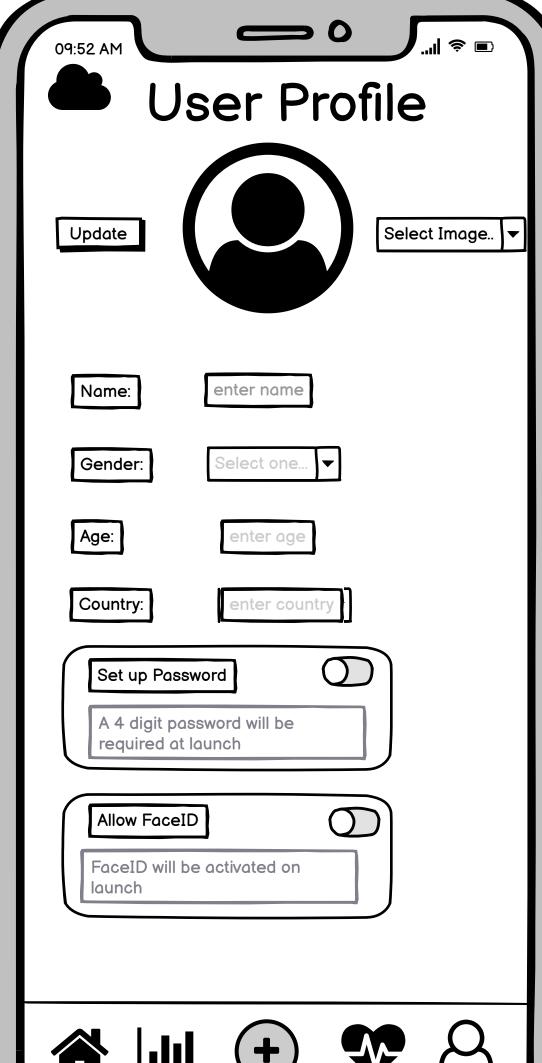












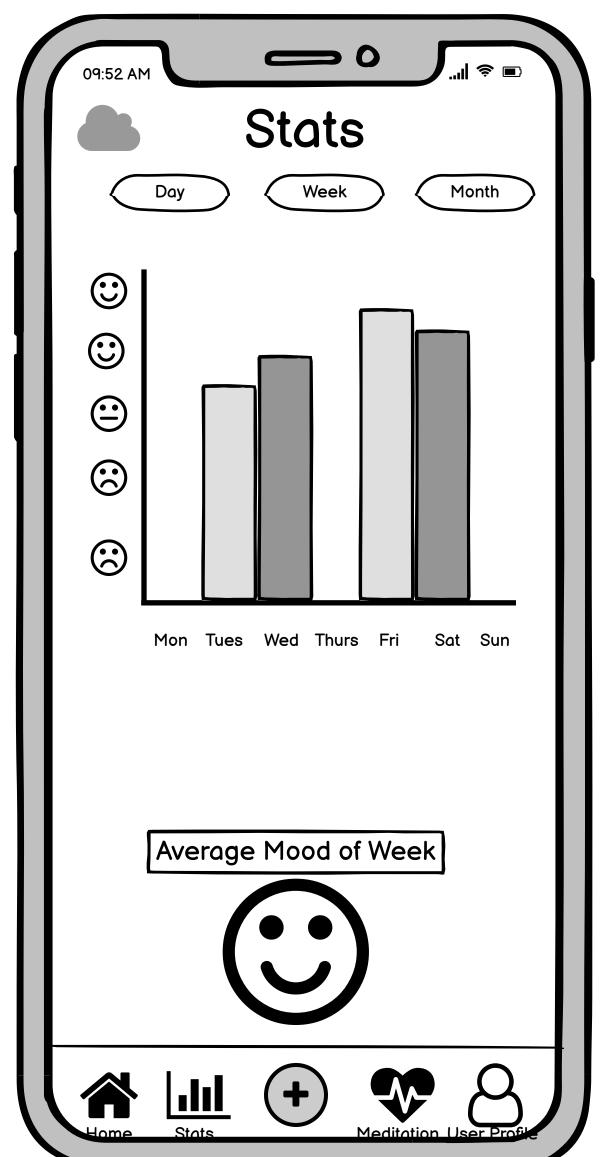


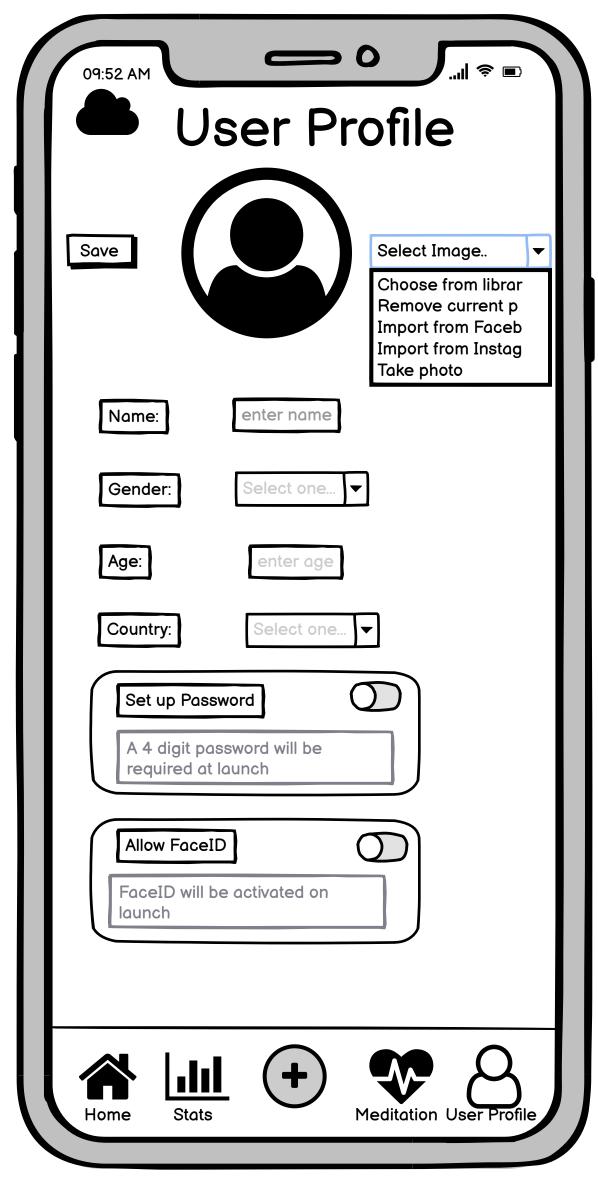


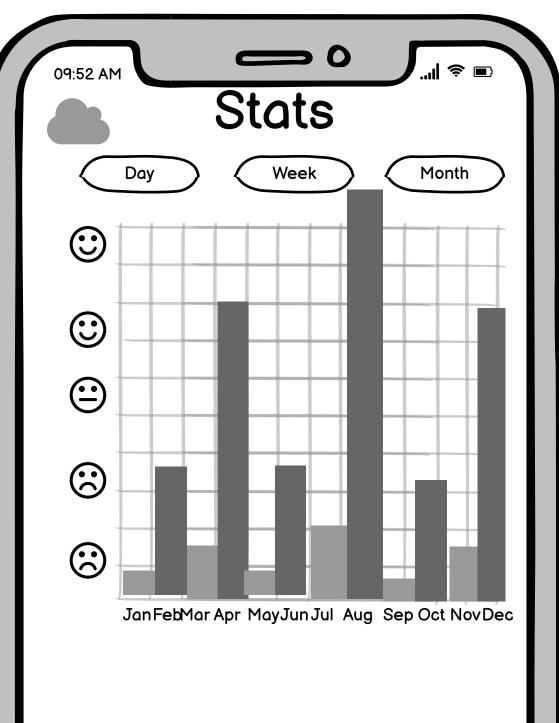












Average Mood of Month













