MOBSF

ANDROID STATIC ANALYSIS REPORT

Moodfit (2.37)

File Name:	Moodfit_ Mental Health Fitness_2.37_Apkpure.apk
Package Name:	com.robleridge.Moodfit
Scan Date:	Nov. 28, 2023, 7:21 p.m.
App Security Score:	37/100 (HIGH RISK)
Grade:	
Trackers Detection:	4/428

FINDINGS SEVERITY

HIGH	MEDIUM	INFO	SECURE	HOTSPOT
6	11	1	1	2

FILE INFORMATION

File Name: Moodfit_ Mental Health Fitness_2.37_Apkpure.apk
Size: 119.56MB
MD5: 5a1c50477c26997b1140553286c56cf9
SHA1: b730ded0fceaa5a46a61ee1d4ca096f9f9707a2b
SHA256: ffd575945722ec84fc7ba9adc7c624cd2c666a6f2075f0f14b1cec82bda1da41

APP INFORMATION

App Name: Moodfit
Package Name: com.robleridge.Moodfit
Main Activity: com.robleridge.Moodfit.MainActivity
Target SDK: 33
Min SDK: 22
Max SDK:
Android Version Name: 2.37

Android Version Code: 23700

APP COMPONENTS

Activities: 11
Services: 12
Receivers: 9
Providers: 5
Exported Activities: 4
Exported Services: 3
Exported Receivers: 1
Exported Providers: 0

CERTIFICATE INFORMATION

Binary is signed
v1 signature: True
v2 signature: True
v3 signature: True
v4 signature: False
X.509 Subject: C=US, ST=California, L=Palo Alto, O=Roble Ridge Software, OU=Roble Ridge Software, CN=Jon Schlossberg
Signature Algorithm: rsassa_pkcs1v15
Valid From: 2017-01-04 22:36:55+00:00
Valid To: 2044-05-22 22:36:55+00:00
Issuer: C=US, ST=California, L=Palo Alto, O=Roble Ridge Software, OU=Roble Ridge Software, CN=Jon Schlossberg
Serial Number: 0x53ebc4a6
Hash Algorithm: sha256
md5: e176245d55c1de7af66266589170506c
sha1: 4734dc984120a3a4c5c3c78dacfa2433c0898f48
sha256: fd4af7eac1bbd4c29a37e4b50dcd6d5dc37aaaca211b2040e6a7e9e8c3e8aa46
sha512: deff5d77a1f8417883e11dd4b156e82e0e963b8d2088794bce737cc7200435a2c23ab5f03d0884f735656d4f5d8644dd325ac0611bf5f7fbd3f4a7f0878fcc82
PublicKey Algorithm: rsa
Bit Size: 2048
Fingerprint: b9e17a79e17ab9976c492d4f503ba7962284c03dbfd0fcb0b05100e6c1be9b45
Found 1 unique certificates

APPLICATION PERMISSIONS

PERMISSION	STATUS	INFO	DESCRIPTION
android.permission.INTERNET	normal	full Internet access	Allows an application to create network sockets.
android.permission.WRITE_EXTERNAL_STORAGE	dangerous	read/modify/delete external storage contents	Allows an application to write to external storage.
android.permission.ACCESS_NETWORK_STATE	normal	view network status	Allows an application to view the status of all networks.
android.permission.RECORD_AUDIO	dangerous	record audio	Allows application to access the audio record path.
android.permission.MODIFY_AUDIO_SETTINGS	normal	change your audio settings	Allows application to modify global audio settings, such as volume and routing.
android.permission.ACCESS_NOTIFICATION_POLICY	normal		Marker permission for applications that wish to access notification policy.
android.permission.RECEIVE_BOOT_COMPLETED	normal	automatically start at boot	Allows an application to start itself as soon as the system has finished booting. This can make it take longer to start the phone and allow the application to slow down the overall phone by always running.
android.permission.WAKE_LOCK	normal	prevent phone from sleeping	Allows an application to prevent the phone from going to sleep.
android.permission.POST_NOTIFICATIONS	dangerous		Allows an app to post notifications

PERMISSION	STATUS	INFO	DESCRIPTION
android.permission.SCHEDULE_EXACT_ALARM	normal		Allows an app to use exact alarm scheduling APIs to perform timing sensitive background work.
com.sec.android.provider.badge.permission.READ	normal	Show notification count on app	Show notification count or badge on application launch icon for samsung phones.
com.sec.android.provider.badge.permission.WRITE	normal	Show notification count on app	Show notification count or badge on application launch icon for samsung phones.
com.htc.launcher.permission.READ_SETTINGS	normal	Show notification count on app	Show notification count or badge on application launch icon for htc phones.
com.htc.launcher.permission.UPDATE_SHORTCUT	normal	Show notification count on app	Show notification count or badge on application launch icon for htc phones.
com.sonyericsson.home.permission.BROADCAST_BADGE	normal	Show notification count on app	Show notification count or badge on application launch icon for sony phones.
com.sonymobile.home.permission.PROVIDER_INSERT_BADGE	normal	Show notification count on app	Show notification count or badge on application launch icon for sony phones.
com.anddoes.launcher.permission.UPDATE_COUNT	normal	Show notification count on app	Show notification count or badge on application launch icon for apex.
com.majeur.launcher.permission.UPDATE_BADGE	normal	Show notification count on app	Show notification count or badge on application launch icon for solid.
com.huawei.android.launcher.permission.CHANGE_BADGE	normal	Show notification count on app	Show notification count or badge on application launch icon for huawei phones.

PERMISSION	STATUS	INFO	DESCRIPTION
com.huawei.android.launcher.permission.READ_SETTINGS	normal	Show notification count on app	Show notification count or badge on application launch icon for huawei phones.
com.huawei.android.launcher.permission.WRITE_SETTINGS	normal	Show notification count on app	Show notification count or badge on application launch icon for huawei phones.
android.permission.READ_APP_BADGE	normal	show app notification	Allows an application to show app icon badges.
com.oppo.launcher.permission.READ_SETTINGS	normal	Show notification count on app	Show notification count or badge on application launch icon for oppo phones.
com.oppo.launcher.permission.WRITE_SETTINGS	normal	Show notification count on app	Show notification count or badge on application launch icon for oppo phones.
me.everything.badger.permission.BADGE_COUNT_READ	unknown	Unknown permission	Unknown permission from android reference
me.everything.badger.permission.BADGE_COUNT_WRITE	unknown	Unknown permission	Unknown permission from android reference
com.google.android.c2dm.permission.RECEIVE	signature	C2DM permissions	Permission for cloud to device messaging.
com.google.android.finsky.permission.BIND_GET_INSTALL_REFERRER_SERVICE	unknown	Unknown permission	Unknown permission from android reference
com.google.android.gms.permission.AD_ID	unknown	Unknown permission	Unknown permission from android reference
com.android.vending.BILLING	unknown	Unknown permission	Unknown permission from android reference

PERMISSION	STATUS	INFO	DESCRIPTION
android.permission.FOREGROUND_SERVICE	normal		Allows a regular application to use Service.startForeground.

APKID ANALYSIS

FILE	DETAILS
classes.dex	<table><tr><th>FINDINGS</th><th>DETAILS</th></tr><tr><td>Anti-VM Code</td><td>Build.FINGERPRINT check Build.MANUFACTURER check Build.BRAND check Build.DEVICE check Build.TAGS check SIM operator check network operator name check</td></tr><tr><td>Compiler</td><td>r8 without marker (suspicious)</td></tr></table>

FILE	DETAILS
classes2.dex	<table><tr><th>FINDINGS</th><th>DETAILS</th></tr><tr><td>Anti Debug Code</td><td>Debug.isDebuggerConnected() check</td></tr><tr><td>Anti-VM Code</td><td>Build.MODEL check Build.MANUFACTURER check Build.PRODUCT check Build.HARDWARE check Build.TAGS check possible VM check</td></tr><tr><td>Compiler</td><td>r8 without marker (suspicious)</td></tr></table>

<table>
<tr><th>FILE</th><th>DETAILS</th></tr>
<tr><td>classes3.dex</td><td>
<table>
<tr><th>FINDINGS</th><th>DETAILS</th></tr>
<tr><td>Anti-VM Code</td><td>Build.FINGERPRINT check
Build.MODEL check
Build.MANUFACTURER check
Build.PRODUCT check
possible Build.SERIAL check</td></tr>
<tr><td>Anti Debug Code</td><td>Debug.isDebuggerConnected() check</td></tr>
<tr><td>Compiler</td><td>r8 without marker (suspicious)</td></tr>
</table>
</td></tr>
</table>

BROWSABLE ACTIVITIES

ACTIVITY	INTENT
com.google.firebase.auth.internal.GenericIdpActivity	Schemes: genericidp://, Hosts: firebase.auth, Paths: /,
com.google.firebase.auth.internal.RecaptchaActivity	Schemes: recaptcha://, Hosts: firebase.auth, Paths: /,
com.google.android.gms.tagmanager.TagManagerPreviewActivity	Schemes: tagmanager.c.com.robleridge.Moodfit://,

NETWORK SECURITY

NO	SCOPE	SEVERITY	DESCRIPTION

CERTIFICATE ANALYSIS

HIGH: 0 | WARNING: 1 | INFO: 1

TITLE	SEVERITY	DESCRIPTION
Signed Application	info	Application is signed with a code signing certificate
Application vulnerable to Janus Vulnerability	warning	Application is signed with v1 signature scheme, making it vulnerable to Janus vulnerability on Android 5.0-8.0, if signed only with v1 signature scheme. Applications running on Android 5.0-7.0 signed with v1, and v2/v3 scheme is also vulnerable.

MANIFEST ANALYSIS

HIGH: 6 | WARNING: 5 | INFO: 0 | SUPPRESSED: 0

NO	ISSUE	SEVERITY	DESCRIPTION
1	App can be installed on a vulnerable Android version [minSdk=22]	warning	This application can be installed on an older version of android that has multiple unfixed vulnerabilities. Support an Android version > 8, API 26 to receive reasonable security updates.

NO	ISSUE	SEVERITY	DESCRIPTION
2	Clear text traffic is Enabled For App [android:usesCleartextTraffic=true]	high	The app intends to use cleartext network traffic, such as cleartext HTTP, FTP stacks, DownloadManager, and MediaPlayer. The default value for apps that target API level 27 or lower is "true". Apps that target API level 28 or higher default to "false". The key reason for avoiding cleartext traffic is the lack of confidentiality, authenticity, and protections against tampering; a network attacker can eavesdrop on transmitted data and also modify it without being detected.
3	Application Data can be Backed up [android:allowBackup] flag is missing.	warning	The flag [android:allowBackup] should be set to false. By default it is set to true and allows anyone to backup your application data via adb. It allows users who have enabled USB debugging to copy application data off of the device.
4	Activity (org.apache.cordova.firebase.OnNotificationReceiverActivity) is not Protected. [android:exported=true]	high	An Activity is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device.
5	Service (com.transistorsoft.tsbackgroundfetch.FetchJobService) is Protected by a permission, but the protection level of the permission should be checked. Permission: android.permission.BIND_JOB_SERVICE [android:exported=true]	warning	A Service is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device. It is protected by a permission which is not defined in the analysed application. As a result, the protection level of the permission should be checked where it is defined. If it is set to normal or dangerous, a malicious application can request and obtain the permission and interact with the component. If it is set to signature, only applications signed with the same certificate can obtain the permission.

NO	ISSUE	SEVERITY	DESCRIPTION
6	Service (com.google.android.gms.auth.api.signin.RevocationBoundService) is Protected by a permission, but the protection level of the permission should be checked. Permission: com.google.android.gms.auth.api.signin.permission.REVOCATION_NOTIFICATION [android:exported=true]	warning	A Service is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device. It is protected by a permission which is not defined in the analysed application. As a result, the protection level of the permission should be checked where it is defined. If it is set to normal or dangerous, a malicious application can request and obtain the permission and interact with the component. If it is set to signature, only applications signed with the same certificate can obtain the permission.
7	Activity (com.google.firebase.auth.internal.GenericIdpActivity) is not Protected. [android:exported=true]	high	An Activity is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device.
8	Activity (com.google.firebase.auth.internal.RecaptchaActivity) is not Protected. [android:exported=true]	high	An Activity is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device.
9	Broadcast Receiver (com.google.firebase.iid.FirebaseInstanceIdReceiver) is Protected by a permission, but the protection level of the permission should be checked. Permission: com.google.android.c2dm.permission.SEND [android:exported=true]	warning	A Broadcast Receiver is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device. It is protected by a permission which is not defined in the analysed application. As a result, the protection level of the permission should be checked where it is defined. If it is set to normal or dangerous, a malicious application can request and obtain the permission and interact with the component. If it is set to signature, only applications signed with the same certificate can obtain the permission.
10	Activity (com.google.android.gms.tagmanager.TagManagerPreviewActivity) is not Protected. [android:exported=true]	high	An Activity is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device.

NO	ISSUE	SEVERITY	DESCRIPTION
11	Service (com.google.android.play.core.assetpacks.AssetPackExtractionService) is not Protected. [android:exported=true]	high	A Service is found to be shared with other apps on the device therefore leaving it accessible to any other application on the device.

</> CODE ANALYSIS

HIGH: **0** | WARNING: **3** | INFO: **1** | SECURE: **1** | SUPPRESSED: **0**

NO	ISSUE	SEVERITY	STANDARDS	FILES
				com/alexdisler/inapppurchases/IabHelper.java com/alexdisler/inapppurchases/InAppBillingV6.java com/alexdisler/inapppurchases/Security.java com/bumptech/glide/Glide.java com/bumptech/glide/gifdecoder/GifHeaderParser.java com/bumptech/glide/gifdecoder/StandardGifDecoder.java com/bumptech/glide/load/data/AssetPathFetcher.java com/bumptech/glide/load/data/HttpUrlFetcher.java com/bumptech/glide/load/data/LocalUriFetcher.java com/bumptech/glide/load/data/mediastore/ThumbFetcher.java com/bumptech/glide/load/data/mediastore/ThumbnailStreamOpener.java com/bumptech/glide/load/engine/DecodeJob.java com/bumptech/glide/load/engine/DecodePath.java com/bumptech/glide/load/engine/Engine.java com/bumptech/glide/load/engine/GlideException.java com/bumptech/glide/load/engine/SourceGenerator.java com/bumptech/glide/load/engine/bitmap_recycle/LruArrayPool.java com/bumptech/glide/load/engine/bitmap_recycle/LruBitmapPool.java

NO	ISSUE	SEVERITY	STANDARDS	FILES
1	The App logs information. Sensitive information should never be logged.	info	CWE: CWE-532: Insertion of Sensitive Information into Log File OWASP MASVS: MSTG-STORAGE-3	com/bumptech/glide/load/engine/cache/DiskLruCacheWrapper.java com/bumptech/glide/load/engine/cache/MemorySizeCalculator.java com/bumptech/glide/load/engine/executor/GlideExecutor.java com/bumptech/glide/load/engine/executor/RuntimeCompat.java com/bumptech/glide/load/engine/prefill/BitmapPreFillRunner.java com/bumptech/glide/load/model/ByteBufferEncoder.java com/bumptech/glide/load/model/ByteBufferFileLoader.java com/bumptech/glide/load/model/FileLoader.java com/bumptech/glide/load/model/ResourceLoader.java com/bumptech/glide/load/model/StreamEncoder.java com/bumptech/glide/load/resource/ImageDecoderResourceDecoder.java com/bumptech/glide/load/resource/bitmap/BitmapEncoder.java com/bumptech/glide/load/resource/bitmap/BitmapImageDecoderResourceDecoder.java com/bumptech/glide/load/resource/bitmap/DefaultImageHeaderParser.java com/bumptech/glide/load/resource/bitmap/Downsampler.java com/bumptech/glide/load/resource/bitmap/DrawableToBitmapConverter.java com/bumptech/glide/load/resource/bitmap/HardwareConfigState.java com/bumptech/glide/load/resource/bitmap/TransformationUtils.java com/bumptech/glide/load/resource/bitmap/VideoDecoder.java com/bumptech/glide/load/resource/gif/ByteBufferGifDecoder.java com/bumptech/glide/load/resource/gif/GifDrawableEncoder.java com/bumptech/glide/load/resource/gif/StreamGifDecoder.java

NO	ISSUE	SEVERITY	STANDARDS	FILES
				com/bumptech/glide/manager/DefaultConnectivityMonitor.java com/bumptech/glide/manager/DefaultConnectivityMonitorFactory.java com/bumptech/glide/manager/RequestManagerFragment.java com/bumptech/glide/manager/RequestManagerRetriever.java com/bumptech/glide/manager/RequestTracker.java com/bumptech/glide/manager/SupportRequestManagerFragment.java com/bumptech/glide/module/ManifestParser.java com/bumptech/glide/request/SingleRequest.java com/bumptech/glide/request/target/CustomViewTarget.java com/bumptech/glide/request/target/ViewTarget.java com/bumptech/glide/signature/ApplicationVersionSignature.java com/bumptech/glide/util/ContentLengthInputStream.java com/bumptech/glide/util/pool/FactoryPools.java com/fytoro/launch/review/LaunchReviewPlugin.java com/plugin/datepicker/DatePickerPlugin.java com/transistorsoft/cordova/backgroundfetch/CDVBackgroundFetch.java com/transistorsoft/tsbackgroundfetch/BGTask.java com/transistorsoft/tsbackgroundfetch/BackgroundFetch.java com/transistorsoft/tsbackgroundfetch/BackgroundFetchConfig.java com/transistorsoft/tsbackgroundfetch/BootReceiver.java com/transistorsoft/tsbackgroundfetch/FetchAlarmReceiver.java com/transistorsoft/tsbackgroundfetch/FetchJobService.java com/transistorsoft/tsbackgroundfetch/LifecycleManager.java cordova/plugins/screenorientation/CDVOrientation.java de/appplant/cordova/emailcomposer/AssetUtil.java

NO	ISSUE	SEVERITY	STANDARDS	FILES
				de/appplant/cordova/emailcomposer/Impl.java de/appplant/cordova/plugin/notification/Notification.java de/appplant/cordova/plugin/notification/NotificationVolumeManager.java de/appplant/cordova/plugin/notification/action/ActionGroup.java de/appplant/cordova/plugin/notification/receiver/AbstractNotificationReceiver.java de/appplant/cordova/plugin/notification/util/AssetUtil.java io/grpc/android/AndroidChannelBuilder.java io/grpc/okhttp/internal/Platform.java me/leolin/shortcutbadger/ShortcutBadger.java
2	The App uses an insecure Random Number Generator.	warning	CWE: CWE-330: Use of Insufficiently Random Values OWASP Top 10: M5: Insufficient Cryptography OWASP MASVS: MSTG-CRYPTO-6	com/plugin/datepicker/DatePickerPlugin.java de/appplant/cordova/plugin/notification/util/LaunchUtils.java io/grpc/internal/DnsNameResolver.java io/grpc/internal/ExponentialBackoffPolicy.java io/grpc/internal/RetriableStream.java io/grpc/okhttp/OkHttpClientTransport.java io/grpc/util/OutlierDetectionLoadBalancer.java io/grpc/util/RoundRobinLoadBalancer.java
3	Files may contain hardcoded sensitive information like usernames, passwords, keys etc.	warning	CWE: CWE-312: Cleartext Storage of Sensitive Information OWASP Top 10: M9: Reverse Engineering OWASP MASVS: MSTG-STORAGE-14	com/bumptech/glide/load/Option.java com/bumptech/glide/load/engine/DataCacheKey.java com/bumptech/glide/load/engine/EngineResource.java com/bumptech/glide/load/engine/ResourceCacheKey.java com/bumptech/glide/manager/RequestManagerRetriever.java de/appplant/cordova/plugin/badge/BadgeImpl.java de/appplant/cordova/plugin/notification/NotificationVolumeManager.java io/grpc/internal/DnsNameResolver.java io/grpc/internal/TransportFrameUtil.java io/reactivex/internal/schedulers/SchedulerPoolFactory.java

NO	ISSUE	SEVERITY	STANDARDS	FILES
4	IP Address disclosure	warning	CWE: CWE-200: Information Exposure OWASP MASVS: MSTG-CODE-2	io/grpc/okhttp/OkHttpClientTransport.java io/grpc/okhttp/OkHttpServerTransport.java
5	This App uses SSL certificate pinning to detect or prevent MITM attacks in secure communication channel.	secure	OWASP MASVS: MSTG-NETWORK-4	io/grpc/okhttp/OkHttpChannelBuilder.java io/grpc/okhttp/OkHttpServerBuilder.java io/grpc/util/AdvancedTlsX509TrustManager.java

SHARED LIBRARY BINARY ANALYSIS

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
1	lib/arm64-v8a/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	False high This binary does not have a stack canary value added to the stack. Stack canaries are used to detect and prevent exploits from overwriting return address. Use the option -fstack-protector-all to enable stack canaries. Not applicable for Dart/Flutter libraries unless Dart FFI is used.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
2	lib/arm64-v8a/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memset_chk', '__memmove_chk', '__strchr_chk', '__memcpy_chk', '__vsnprintf_chk', '__read_chk', '__strlen_chk']	True info Symbols are stripped.
3	lib/arm64-v8a/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__vsnprintf_chk', '__strlen_chk', '__memmove_chk']	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
4	lib/arm64-v8a/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__vsnprintf_chk', '__strlen_chk', '__memmove_chk']	True info Symbols are stripped.
5	lib/x86_64/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	False high This binary does not have a stack canary value added to the stack. Stack canaries are used to detect and prevent exploits from overwriting return address. Use the option -fstack-protector-all to enable stack canaries. Not applicable for Dart/Flutter libraries unless Dart FFI is used.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
6	lib/x86_64/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memcpy_chk', '__strlen_chk', '__read_chk', '__memmove_chk', '__strchr_chk', '__vsnprintf_chk']	True info Symbols are stripped.
7	lib/x86_64/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memmove_chk', '__strlen_chk', '__vsnprintf_chk']	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
8	lib/x86_64/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memmove_chk', '__strlen_chk', '__vsnprintf_chk']	True info Symbols are stripped.
9	lib/x86/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
10	lib/x86/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.
11	lib/x86/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
12	lib/x86/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.
13	lib/armeabi-v7a/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	False high This binary does not have a stack canary value added to the stack. Stack canaries are used to detect and prevent exploits from overwriting return address. Use the option -fstack-protector-all to enable stack canaries. Not applicable for Dart/Flutter libraries unless Dart FFI is used.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
14	lib/armeabi-v7a/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.
15	lib/armeabi-v7a/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
16	lib/armeabi-v7a/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.
17	lib/arm64-v8a/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	False high This binary does not have a stack canary value added to the stack. Stack canaries are used to detect and prevent exploits from overwriting return address. Use the option -fstack-protector-all to enable stack canaries. Not applicable for Dart/Flutter libraries unless Dart FFI is used.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
18	lib/arm64-v8a/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memset_chk', '__memmove_chk', '__strchr_chk', '__memcpy_chk', '__vsnprintf_chk', '__read_chk', '__strlen_chk']	True info Symbols are stripped.
19	lib/arm64-v8a/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__vsnprintf_chk', '__strlen_chk', '__memmove_chk']	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
20	lib/arm64-v8a/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__vsnprintf_chk', '__strlen_chk', '__memmove_chk']	True info Symbols are stripped.
21	lib/x86_64/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	False high This binary does not have a stack canary value added to the stack. Stack canaries are used to detect and prevent exploits from overwriting return address. Use the option -fstack-protector-all to enable stack canaries. Not applicable for Dart/Flutter libraries unless Dart FFI is used.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
22	lib/x86_64/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memcpy_chk', '__strlen_chk', '__read_chk', '__memmove_chk', '__strchr_chk', '__vsnprintf_chk']	True info Symbols are stripped.
23	lib/x86_64/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memmove_chk', '__strlen_chk', '__vsnprintf_chk']	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
24	lib/x86_64/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	True info The binary has the following fortified functions: ['__memmove_chk', '__strlen_chk', '__vsnprintf_chk']	True info Symbols are stripped.
25	lib/x86/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
26	lib/x86/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.
27	lib/x86/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
28	lib/x86/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.
29	lib/armeabi-v7a/libcrashlytics-trampoline.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	False high This binary does not have a stack canary value added to the stack. Stack canaries are used to detect and prevent exploits from overwriting return address. Use the option -fstack-protector-all to enable stack canaries. Not applicable for Dart/Flutter libraries unless Dart FFI is used.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	False warning Symbols are available.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
30	lib/armeabi-v7a/libcrashlytics-common.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.
31	lib/armeabi-v7a/libcrashlytics.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.

NO	SHARED OBJECT	NX	STACK CANARY	RPATH	RUNPATH	FORTIFY	SYMBOLS STRIPPED
32	lib/armeabi-v7a/libcrashlytics-handler.so	True info The binary has NX bit set. This marks a memory page non-executable making attacker injected shellcode non-executable.	True info This binary has a stack canary value added to the stack so that it will be overwritten by a stack buffer that overflows the return address. This allows detection of overflows by verifying the integrity of the canary before function return.	None info The binary does not have run-time search path or RPATH set.	None info The binary does not have RUNPATH set.	False warning The binary does not have any fortified functions. Fortified functions provides buffer overflow checks against glibc's commons insecure functions like strcpy, gets etc. Use the compiler option -D_FORTIFY_SOURCE=2 to fortify functions. This check is not applicable for Dart/Flutter libraries.	True info Symbols are stripped.

NIAP ANALYSIS v1.3

NO	IDENTIFIER	REQUIREMENT	FEATURE	DESCRIPTION

OFAC SANCTIONED COUNTRIES

This app may communicate with the following OFAC sanctioned list of countries.

DOMAIN	COUNTRY/REGION

DOMAIN MALWARE CHECK

DOMAIN	STATUS	GEOLOCATION
crashpad.chromium.org	ok	**IP:** 172.217.13.211 **Country:** United States of America **Region:** California **City:** Mountain View **Latitude:** 37.405991 **Longitude:** -122.078514 **View:** Google Map
moodfit-abf26.firebaseio.com	ok	**IP:** 34.120.160.131 **Country:** United States of America **Region:** Missouri **City:** Kansas City **Latitude:** 39.099731 **Longitude:** -94.578568 **View:** Google Map

FIREBASE DATABASES

FIREBASE URL	DETAILS
https://moodfit-abf26.firebaseio.com	info App talks to a Firebase Database.

TRACKERS

TRACKER	CATEGORIES	URL
Google Analytics	Analytics	https://reports.exodus-privacy.eu.org/trackers/48
Google CrashLytics	Crash reporting	https://reports.exodus-privacy.eu.org/trackers/27
Google Firebase Analytics	Analytics	https://reports.exodus-privacy.eu.org/trackers/49
Google Tag Manager	Analytics	https://reports.exodus-privacy.eu.org/trackers/105

HARDCODED SECRETS

POSSIBLE SECRETS
"google_crash_reporting_api_key" : "AIzaSyAg0SlsbASuDbkFts2hFUYPpUbf99Q9uHg"
"firebase_database_url" : "https://moodfit-abf26.firebaseio.com"
"google_api_key" : "AIzaSyAg0SlsbASuDbkFts2hFUYPpUbf99Q9uHg"
1157920892103562487626974469494075735300861434152903141955336313088670978539 51
11839296a789a3bc0045c8a5fb42c7d1bd998f54449579b446817afbd17273e662c97ee72995ef42640c550b9013fad0761353c7086a272c24088be94769fd16650
6864797660130609714981900799081393217269435300143305409394463459185543183397656052122559640661454554977296311391480858037121987999716643812574028291115057151
051953eb9618e1c9a1f929a21a0b68540eea2da725b99b315f3b8b489918ef109e156193951ec7e937b1652c0bd3bb1bf073573df883d2c34f1ef451fd46b503f00
6b17d1f2e12c4247f8bce6e563a440f277037d812deb33a0f4a13945d898c296

POSSIBLE SECRETS
16a09e667f3bcc908b2fb1366ea957d3e3adec17512775099da2f590b0667322a
470fa2b4ae81cd56ecbcda9735803434cec591fa
6864797660130609714981900799081393217269435300143305409394463459185543183397655394245057746333217197532963996371363321113864768612440380340372808892707005449
b3312fa7e23ee7e4988e056be3f82d19181d9c6efe8141120314088f5013875ac656398d8a2ed19d2a85c8edd3ec2aef
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3940200619639447921227904010014361380507973927046544666794690527962765939911326356939895630815229491355443365394264 3
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3617de4a96262c6f5d9e98bf9292dc29f8f41dbd289a147ce9da3113b5f0b8c00a60b1ce1d7e819d7a431d7c90ea0e5f
11579208921035624876269744694940757352999695522413576034242225906106851204436 9
3940200619639447921227904010014361380507973927046544666794829340424572177149687032904726608825893800186161606973112319
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258EAFA5-E914-47DA-95CA-C5AB0DC85B11
4fe342e2fe1a7f9b8ee7eb4a7c0f9e162bce33576b315ececbb6406837bf51f5

PLAYSTORE INFORMATION

Title: Moodfit: Mental Health Fitness

Score: 4.14 **Installs:** 50,000+ **Price:** 0 **Android Version Support:** **Category:** Medical **Play Store URL:** com.robleridge.Moodfit

Developer Details: Roble Ridge Software LLC, Roble+Ridge+Software+LLC, 748 La Para Avenue Palo Alto CA 94306, http://www.getmoodfit.com, hello@getmoodfit.com,

Release Date: Jan 4, 2017 **Privacy Policy:** Privacy link

Description:

** Best Overall Mental Health App of 2020, 2021 & 2022 *** - Verywell Mind "It's a great way to keep a record of your thoughts about how your health has been each day. And the exercises help you to relax." - user Meg Ellis "I am a therapist for adolescence and started using this app to see if it was something I could offer to my clients. I love it and I can recommend it with confidence because I noticed that it helps me slow down and be more aware of how I am doing during the day." - user Sharon McCallie-Steller Everyone can benefit from reducing stress and improving the fitness of their mental health. If you're struggling, Moodfit can help you move toward thriving. If you're thriving, Moodfit can help you build the resilience to keep you there in the face of life's adversities. Moodfit provides the most comprehensive set of tools for good mental health, and helps you understand what brings your mood up and down. WAYS TO USE MOODFIT - As a mood journal to bring awareness to and better understand your mood. - To work on a set of personalized daily goals that are your daily mental health workout that include good practices like gratitude, breathwork and mindfulness. - To reinforce positive messages and create new habits that boost your mood. - To process distorted thinking that is causing emotional discomfort using CBT techniques. - To keep a gratitude journal that can change your brain to see more of the positive in life. - To do breathing exercises to quickly increase a sense of calm. - To learn and practice mindfulness meditation that has been shown to reduce stress. - To understand the relationship between your mood and lifestyle factors like sleep, exercise, nutrition and work. - To track any custom variables you want to understand how it affects your mood, e.g. your hydration, caffeine intake or interactions with a particular friend. You can literally track and analyze anything. - To track your mood-related medications and better understand what is working. - To take mental health assessments like PHQ-9 (depression) and GAD-7 (anxiety) and see how they change over time. - To receive educational content and inspiration about topics like rumination, procrastination, and motivation. OUR CORE VALUES - We believe that literally everyone can benefit from working on their mental health. - We believe that good mental health isn't just the lack of a clinical mental illness. We want to help you fully thrive. - We believe there isn’t a one-size-fits-all solution to good mental health and that trying different tools and tracking their results is crucial to understand what works for best for you. CONNECT WITH US Come and join the conversation all about good mental health. - Website - https://www.getmoodfit.com - Instagram - https://www.instagram.com/getmoodfit/ Need help with Moodfit or have feedback or questions? Email us at hello@getmoodfit.com. We genuinely love to hear from our users. Our terms of service: https://www.getmoodfit.com/terms-of-service. Our privacy policy: https://www.getmoodfit.com/privacy-policy.

Report Generated by - MobSF v3.7.9 Beta

Mobile Security Framework (MobSF) is an automated, all-in-one mobile application (Android/iOS/Windows) pen-testing, malware analysis and security assessment framework capable of performing static and dynamic analysis.