

HOW AM I

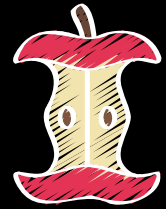
Feeling?

(PHYSICALLY & MENTAL)



HOW LONG HAVE I SPENT
on my phone

TODAY?



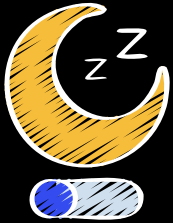
WHEN DID I LAST
eat a whole meal?

WHEN DID I LAST

breathe deeply?



WHEN DID I LAST
drink water?



AM I
tired?



MENTAL HEALTH

Check



WHEN DID I LAST
take a shower?



WHEN DID I LAST
go outside?



WHEN DID I LAST DO A
kind thing
FOR SOMEONE ELSE?



WHAT CAN I DO
THAT WILL
bring me joy?



WHAT IS TAKING UP
MOST OF MY
headspace?

BUZZGYM