

[illegible]

The screenshot shows a 'Wellness Tracker' application. At the top, the title 'Wellness Tracker' is displayed. Below the title, there are two main sections: 'Today's Data' and 'Past Data'. The 'Today's Data' section contains a table with columns for 'Date', 'Time', 'Activity', 'Calories', and 'Distance'. The 'Past Data' section contains a table with columns for 'Date', 'Time', 'Activity', 'Calories', and 'Distance'. The application is designed with a clean, modern look, featuring a light blue header and a white background for the data tables.

[illegible]

Wellness Goals

First Name: _____ Last Name: _____

Improve my diet	Yes ☐	No ☐
Exercise more often	Yes ☐	No ☐
Reduce stress	Yes ☐	No ☐

Comments: _____

Submit



Meal Planner

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	

[illegible]

Quick Start Wellness Planner

Sophia F. Dziegielewski



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