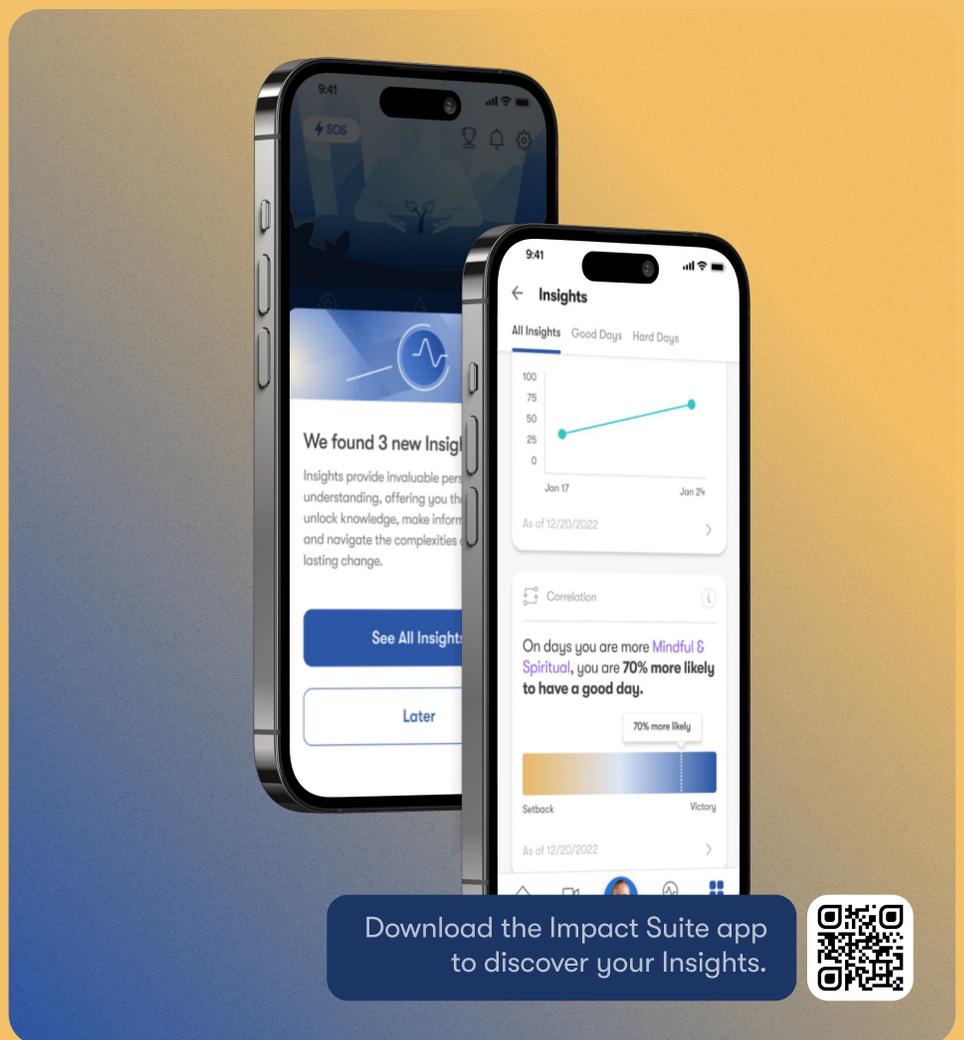
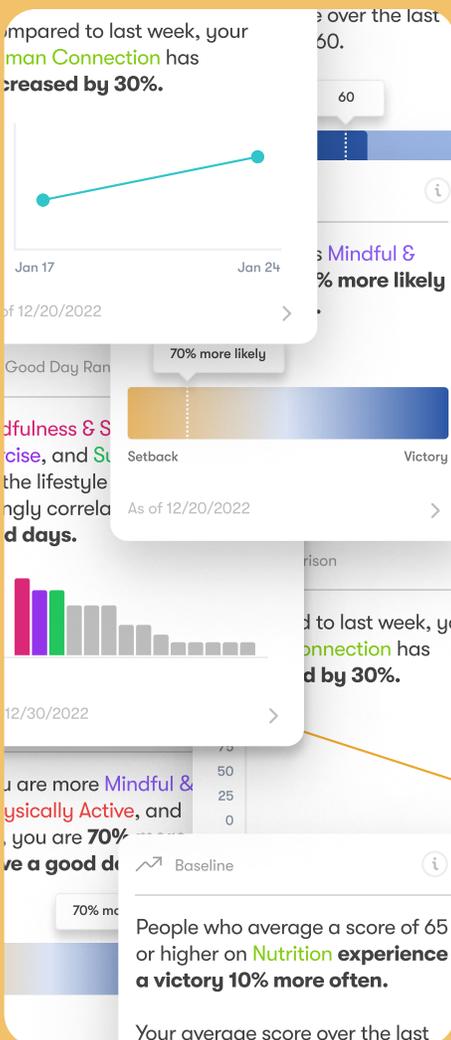


Insights

The Insights feature uses data from Daily Check-ins to generate personalized insights through advanced regression and correlation analysis. It uncovers hidden patterns in lifestyle choices and provides tailored guidance for improvement.

Personalized insights offer valuable perspectives on lifestyle and habits, encouraging informed decisions and proactive well-being management. Regular engagement can lead to improved lifestyle choices and enhanced self-awareness.



Ways to use Insights

Review new insights regularly and reflect on the suggested improvements.

Act on the insights to make positive changes in your lifestyle.

Use the feedback to adjust your daily routines and habits.