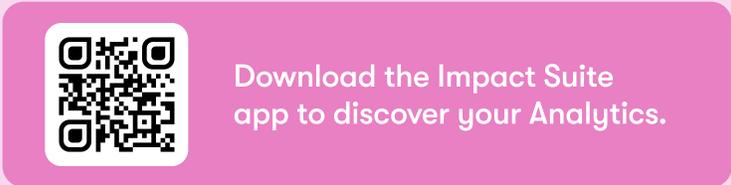
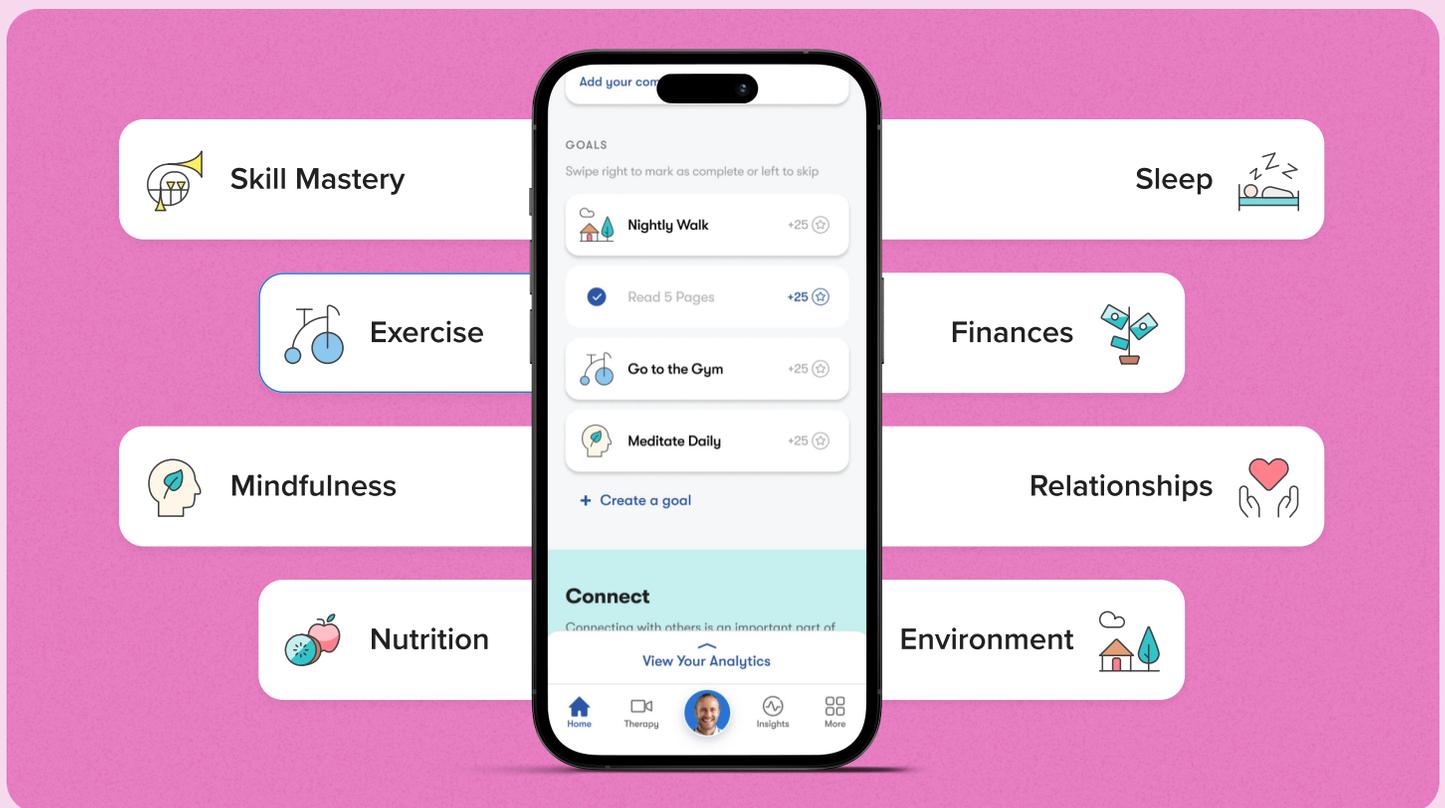


# Goals

The Goals feature allows users to set and manage goals on a daily, weekly, or monthly basis, aligned with specific lifestyle categories like fitness, nutrition, relationships, or purpose. Progress is tracked in real-time, providing immediate feedback and motivation.

Setting and tracking goals encourages focus and motivation towards personal objectives. It helps in habit formation and provides a structured approach to achieving specific targets, contributing to a sense of accomplishment and well-being.



## Tips for Goals

- Celebrate milestones and adjust goals to keep them relevant to you.
- Set achievable goals in different lifestyle categories.
- Regularly update and review your goals.