



Username

[Forgot Username?](#)

Password

[Forgot Password?](#)

SIGN IN

Don't have an account? [SIGN UP](#)



Welcome back,
USERNAME123!

CHECK-IN

Daily Challenges



Stay Hydrated
Drink at least 64 fluid ounces of water. An advanced rule of hydration is to drink half your weight in fl oz: if you weigh 200 lbs, drink 100 oz!



Take A Break
Step away from your to-do list and take 15 minutes to do relax - overworking yourself can cause poor results and negatively impact your workflow.



Healthy Eating
Eat a new combination of fruits or vegetables. Try making a salad or juicy snack bowl to satisfy your hunger while cutting out the junk.



Exercise
Perform at least 30 minutes of cardio. But remember to not overdo it! An effective workout is one that raises your heart rate - walking is a good choice.

LEVEL 23



BADGES



Home



Symptoms



Journal



Routine



Emotions



Welcome back,
USERNAME123!



Daily Challenges



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LEVEL 23



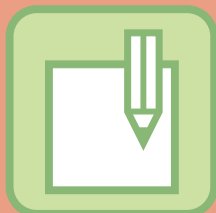
BADGES



Home



Symptoms



Journal



Routine



Emotions



BADGES

In Progress

Complete

2/7

Waterworks

Drink at least 64 fluid ounces of water for a week, totaling seven days of healthy hydration.

2/14

Waterworks Master

Drink at least 64 fluid ounces of water everyday for two weeks, totaling fourteen days of healthy hydration.

0/1

Salad Guru

Try a new recipe for a salad made from fruits or vegetables. A good mixture will blend lots of colors and textures.

4/7

Gym Rat

Perform at least 30 minutes of cardio each day for a week, totaling seven days of active living.

4/14

Exercise Fanatic

Perform at least 30 minutes of cardio and strength training each day for two weeks, totaling fourteen days of advanced active living.

8/9

Health Advocate

Incorporate a meal plan into your daily routine and stick to the diet for nine days out of two weeks.

12/30

Health Activist

Incorporate a meal plan into your daily routine and stick to the diet every day for a month of consecutive healthy eating.

0/1

Me Time

Take an extended break to do absolutely nothing, including hobbies. Let the brain calm and watch your thoughts sort themselves naturally.



Home



Symptoms



Journal



Routine



Emotions



BADGES

In Progress

Complete



Waterworks

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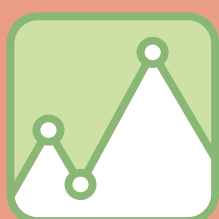


Me Time

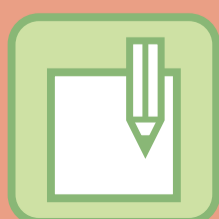
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Home



Symptoms



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Emotions



HELP

This is the help menu for all of the in-app features. If you are experiencing problems with the services available to you, contact our support staff for a speedy response from professionals that are here to help.

Contact us on our website

www.brainbud-usersupport.com/app-help

or email at

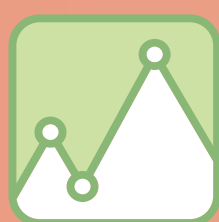
usersupport@brainbud.com

You may also use the free-texting chatline at
[1-202-555-0124](tel:1-202-555-0124).

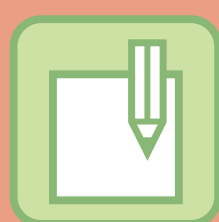
If you are having technical difficulties that do not originate from any of Brain Bud's features, please log out and try again or reinstall the app. DO NOT reset the app as this will erase all of your user data.



Home



Symptoms



Journal



Routine



Emotions



PROFILE



FIRSTNAME LASTNAME

Username

Change Username?

Password

Change Password?

RESET

LOG OUT



Home



Symptoms



Journal



Routine



Emotions



PROFILE



Are you sure you want to RESET the data for this app?

You will still have access to your account, but any user-entered information will be permanently erased.

CANCEL

DELETE

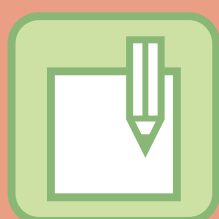
LOG OUT



Home



Symptoms



Journal



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Emotions



SYMPTOMS



Day

Week

Month

Year

← 03 / 21 / 2025 →

Analysis

You have not completed an entry for the current date. To view trends in your symptom history, start a new entry or view previous data.

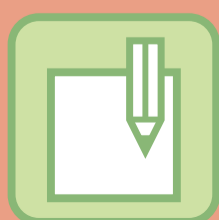
+ NEW



Home



Symptoms



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Emotions

SYMPTOMS

Day

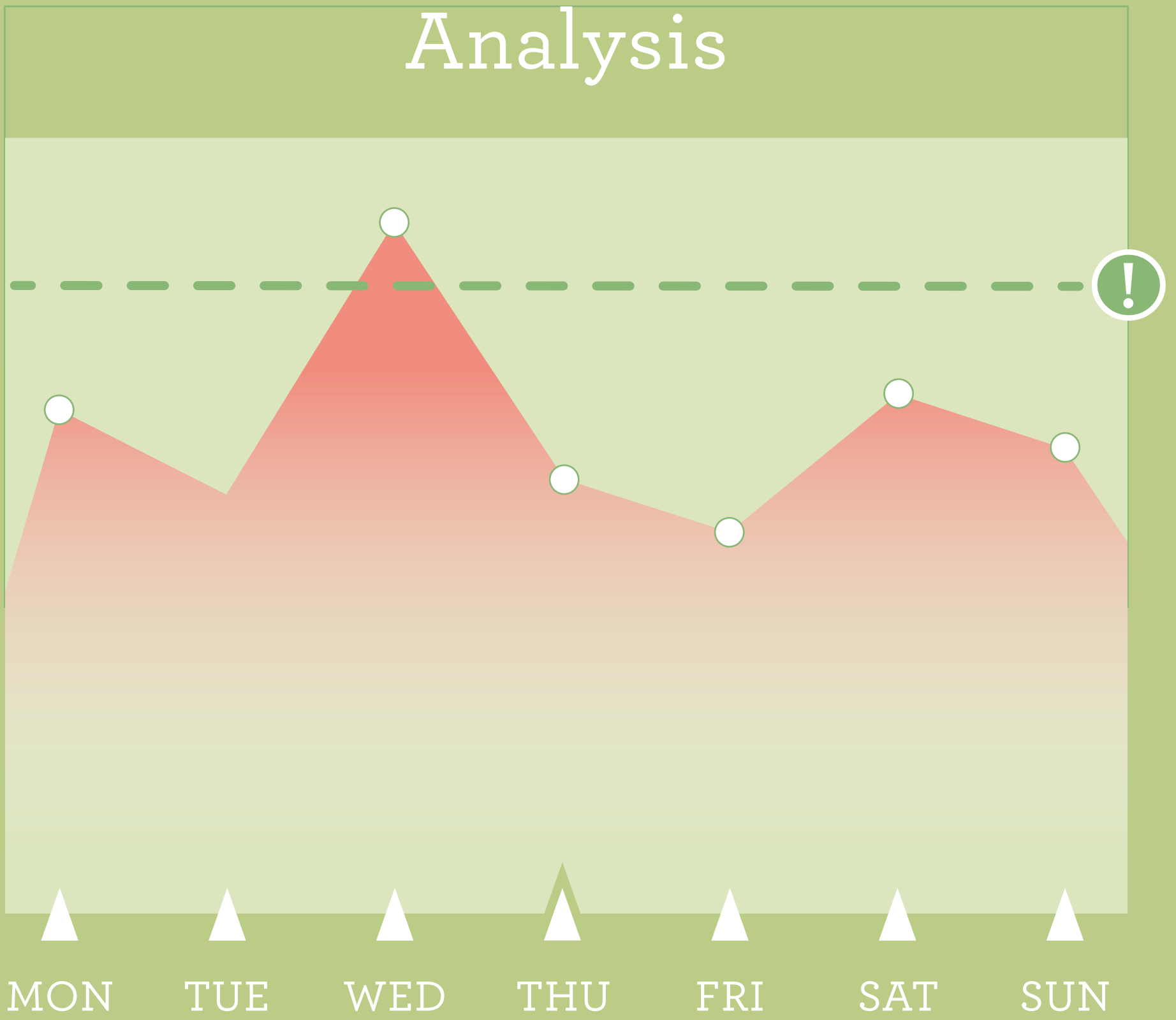
Week

Month

Year

← 03 / 21 / 2025 →

Analysis



← Anxiety →

Great job!

On Thursday, March 21st, your feelings of anxiety were low compared to your weekly average. The decline followed a large spike on the pervious day. This trend suggests that you have found a solution in a scenario that has provoked emotional turmoil, or that you have improved your overall emotional resolve.

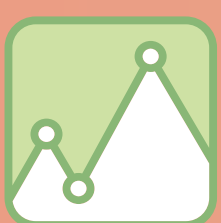
However, good results one day may not garentee a flat trend line. If you are uncertain as to why you face flucations of anxiety (or any other symptoms) it may be that you have a hard time balancing your emotional state from day to day. It is encouraged that you talk to your doctor about any questions relating to your symptoms and stay on track with any prescriptions or healthy coping processes.

EDIT

DELETE



Home



Symptoms



Journal



Routine



Emotions



SYMPTOMS



Day

Week

Month

Year

← 03 / 21 / 2025 →

Analysis

Are you sure you want to delete the data for this date?

CANCEL

DELETE

← Anxiety →

Great job!

On Thursday, March 21st, your feelings of anxiety were low compared to your weekly average. The



Home



Symptoms



Journal



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Emotions



QUESTIONNAIRE

Question 8

Think about your experience with anger and frustration within the last week, excluding your emotions from specific events. How would you rate your average level of anger and or rage?



8/10



Home



Symptoms



Journal



Routine



Emotions



QUESTIONNAIRE

Question 8

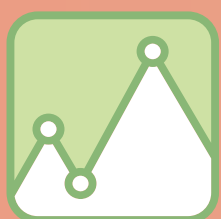
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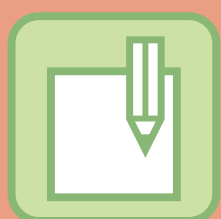
8/10



Home



Symptoms



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Question 9

Think about your experience with happiness within the last week, excluding your emotions from specific events. How would you rate your average level of anxiety and depression?



9/10



Home



Symptoms



Journal



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Emotions



QUESTIONNAIRE

Question 9

Think about your experience with happiness within the last week, excluding your emotions from specific events. How would you rate your average level of anxiety and depression?



9/10



Home



Symptoms



Journal



Routine



Emotions



QUESTIONNAIRE

Question 10

Think about your experience with loneliness and self-deprecation within the last week, including specific events. How would you rate your average level of feelings of guilt?

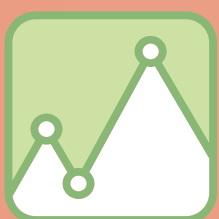
1 — 2 — 3 — 4 — 5



10/10



Home



Symptoms



Journal



Routine



Emotions



QUESTIONNAIRE

Question 10

Think about your experience with loneliness and self-deprecation within the last week, including specific events. How would you rate your average level of feelings of guilt?



10/10



Finish



Home



Symptoms



Journal



Routine



Emotions



MOOD JOURNAL



Daily

Calendar View



2024



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



Home



Symptoms



Journal



Routine



Emotions



MOOD JOURNAL



Daily

Calendar View



2024



October



		1	2	3	4	5
6	7	8 •	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUN

MON

TUE

WED

THU

FRI

SAT



Home



Symptoms



Journal



Routine



Emotions



Daily

Calendar View

✕ October, 2024



TUESDAY, 1ST



Today I decided I was going to listen to my family's advice and try to start living a bit healthier. I'm thinking about trying to lose some weight and go out on the town a bit more, which should improve my physical and mental health. I hope I can stay committed to the changes once I start the journey.



Home



Symptoms



Journal



Routine



Emotions



MOOD JOURNAL



Daily

Calendar View

03 / 21 / 2025

Today I was thinking about the stress I feel when deling with my roomates. They make it really hard to stay on track with my diet because they buy a lot of snacks that they leave all around the house but then only eat my healthier options.

It's not the support system they said they would be when I decided to try and manage my weight. Maybe I should talk with them about it again?



Home



Symptoms



Journal



Routine



Emotions



SCHEDULE



Routine

Agenda

Daily
8AM

Meals - Healthy Breakfast

Have a large helping of protien to fill you up for the day, balanced with a helping of carbs and a lowfat option. Don't forget the juice.



Daily
10AM

Medication - Morning Dose

Take the new anxiety prescription from your doctor after eating a morning meal. Take one capsule by mouth every day (the white and blue pill).



Daily
1PM

Meals - Work Lunch

Have a moderate portion size of the cafeteria selection to feel satisfied until a late dinner after your shift. Always try to include a full bottle of water.



TUE
4PM

Exercise - Cardio Training

Go to Planet Fitness for your planned workout with David. Arrive fifteen minutes early so you have time to change and clean your equipment before use.



SUN
9PM

Custom - Meal Prep

Create your meal plan for the remaining six days of the week based on the diet recommended by your therapist for emotional integrity and craving control.



+ NEW



Home



Symptoms



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SCHEDULE



Routine

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+ NEW



Home



Symptoms



Journal



Routine



Emotions



SCHEDULE



Routine

Agenda



REMINDER

Morning Dose



TIME

10 AM - 10:30 AM.



DATE

Daily action.



CATEGORY

Medication



NOTES

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CANCEL

CONFIRM



Home



Symptoms



Journal



Routine



Emotions



SCHEDULE



Routine

Agenda

2/3
4PM

Extra Work Shift - Wednesday, Oak Ave

Justin asked you to cover his hours during second shift so he can take his mother out to dinner. You need the extra hours for his upcoming birthday.

6/3
11AM

Annual Check Up - Sunday, Pine Grove

Time for a yearly checkup, including a physical and bloodwork. Discuss the effectiveness of new anxiety prescriptions and ask about starting light therapy.

11/3
3PM

Park Event - Friday, 5th St.

Check out the new park that was built down town at the opening celebration. Try to find a good snack to bring and don't be late - Mike will be waiting by the swings.

12/3
7PM

Birthday Party - Saturday, Shady Mnt.

David and Jim planned a night out at the bar for Justin's 21st birthday. Pace yourself and stay hydrated. This is your diet's weekly cheat day.

+ NEW



Home



Symptoms



Journal



Routine



Emotions



SCHEDULE



Routine

Agenda



EVENT

Park Meeting



TIME

9 AM - 11:30 AM.



DATE

Saturday, reoccurring weekly.



LOCATION

Park on 5th street next to the old church.



NOTES

Told to arrive 15 minutes early to help with the setup of stations and equipment.

CANCEL

CONFIRM



Home



Symptoms



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Emotions



EMOTIONS



Guided Relaxation



Anger Management



Positive Thinking



Stress Relief Games



Online Community



Home



Symptoms



Journal



Routine



Emotions