

# Bellabeat app



## APP FEATURES:



### ACTIVITY TRACKING

Keep track of steps taken, distance traveled, calories burned, and active minutes, as well as choose between over 70 custom activities for even more accurate data



### SLEEP PATTERN ANALYSIS

Monitor how long and how well you sleep with insight into your sleep patterns and awake time



### STRESS RESISTANCE

By monitoring activity levels, sleep quality and reproductive health, Leaf helps you understand your psychophysical readiness to tackle stressful situations and helps you manage stress through meditation



### MENSTRUAL CYCLE

Leaf's period tracking feature allows you to view the ovulation, premenstrual, and period days



### MEDITATION & BREATHING EXERCISES

Leaf helps you learn breathing techniques for meditation and yoga & teaches you how to improve your well-being through guided meditation exercises



### HYDRATION MONITORING

Set or receive a tailored water intake goal. Track every sip you take, and receive reminders to stay regularly hydrated



### PERSONALIZED GOALS

Set your own goals for activity, sleep, meditation and hydration with the ability to increase or lower it based on your preference



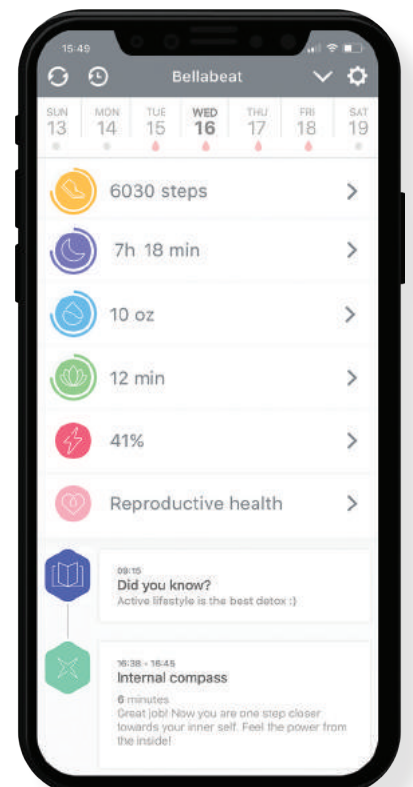
### MOTIVATIONAL REMINDERS

Stay motivated through inspirational prompts and informational messages within the app



### SECURE DATA BACKUP

Get an overview of your daily habits and track your improvement through time





# How it works

You no longer need 5 different apps to keep track of all the aspects of your well-being. The Bellabeat app will provide you with a 360 approach to wellness. All Bellabeat products connect to the same app in order to give you important insights into your well-being in one compact place. Track, review and find your mind-body balance with guidance from the ultimate wellness app. New content is continually being added into the app to ensure a fresh and wholesome experience. The app is available for download on iOS and Android.

