



Quick Manual for the Mindstretch Labeling Tool



Mindstretch recently introduced the option to label activities. This allows you to track which activities consume energy and which ones contribute to recovery.

A chronological overview of the various labeled activities is created daily.

- 1 Press the label icon
- 2 Begin by setting the time interval
- 3 Choose a categorie, choose your label* and optionally indicate how you felt during that activity**
- 4 Check your label overview

* Optionally, you can create a new type of label by pressing the "+".

** The information is not yet displayed in the overview

