



**You came here to build your  
future. Don't forget to take  
care of yourself along the way.**

The late nights. The pressure. The meals skipped. The sleep  
sacrificed.

Your time is precious. That is why ooddle starts with a 5-second daily  
check-in. A quick read on how you are actually doing.

# Knowing is not the problem. Doing is.

You know what healthy looks like. What you are missing is a simple daily system that makes self-care easier than skipping it.

## What ooddle is

Five small daily actions, personalized to your goals and how you are feeling today. No minimum. No guilt. No perfection required. A few minutes. Done.

## How it works

Every day ooddle asks three simple questions. How is your stress, your energy, and your sleep? Five seconds. Your answers become insight. Your daily actions are drawn from goals you chose for yourself.

Over time you start noticing yourself more clearly. Making small choices differently. Feeling calmer. Performing better.

### The ooddle wellness score

An honest daily picture of how consistently you are taking care of yourself. Not a grade. Just a mirror.

### Five Pillars of Self-Care

- **Metabolic.** Fueling yourself even on busy days.
- **Movement.** Keeping your body active.
- **Mind.** Noticing stress and protecting clarity.
- **Recovery.** Prioritizing sleep.
- **Optimize.** Small habits that compound.

# The person doing all this work needs to be okay.



## Your brain works better when you take care of it

Sleep deprivation impairs memory, decision making, and focus. Everything you need. ooddle helps you protect sleep even when everything is competing for it.



## Unnoticed stress is stealing your best work

Chronic unnoticed stress narrows thinking and accelerates burnout. ooddle helps you notice stress and respond to it, rather than accumulate it.



## Energy is not infinite

You cannot think your way through depletion. Small daily actions in nutrition and movement maintain the energy that makes everything else possible.



## Back home someone kept you accountable. Now you have ooddle.

The external accountability that kept you healthy left when you did. ooddle replaces that structure, on your terms, without anyone watching over your shoulder.



## Small things compound

Five small actions. Practiced consistently. Building over time into a calmer, more focused, more resilient version of yourself.

### What Students Have Said

***"I stopped waiting for things to slow down. That day was never coming."***

***"I did not realize how much better I could think when I was actually sleeping."***



## Start Today

Scan to download ooddle and begin your free trial.  
No credit card. No commitment.