

Spark App Wellbeing Guide

Key features after registration



Use this guide once you have registered and can access the Spark App. It explains the main wellbeing features available to both organisation users and individual consumers.

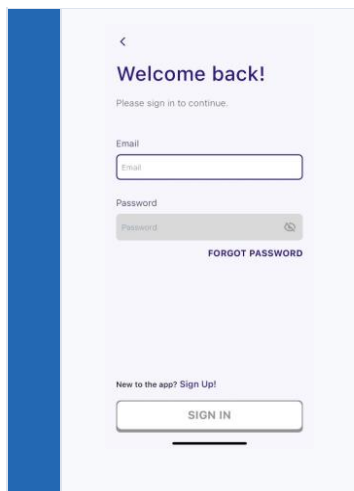
Sign in Return to the app and access your home screen	Track wellbeing Use journals, mood scores and activity progress	Build habits Create reminders and review progress
---	---	---

Feature overview

Home dashboard - Review daily updates, habits, mood score and quotes. Journal - Capture reflections, mood updates and progress milestones. Mood tracker - View changes in mood over time.	Habit reminders - Create, update or remove habit prompts. Spark Wall - View and engage with public community posts. Resources and achievements - Access wellbeing videos and review Spark points.
--	--

1. Access the app and home dashboard

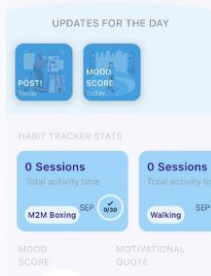
Start from the Spark home screen after registration. This is where you can access daily updates, habit activity, mood score, quotes and the main navigation options.



Sign in or continue

Open the Spark App and sign in using the email and password created during registration. If you are already signed in, continue to the home screen.

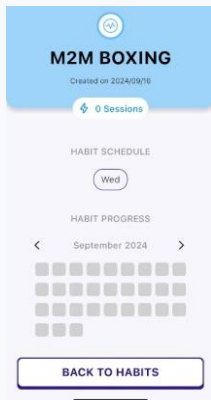
[All users](#)



Review your daily updates

Use the home screen to review daily updates and current habit tracker activity. Scheduled exercises or habits appear in the Habit Tracker Stats area.

[All users](#)



Open a habit or exercise

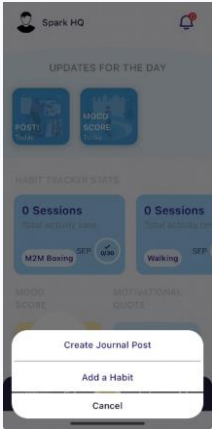
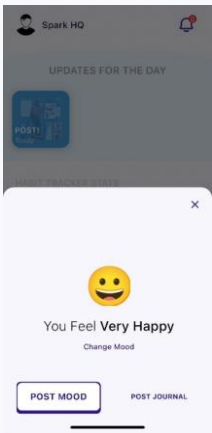
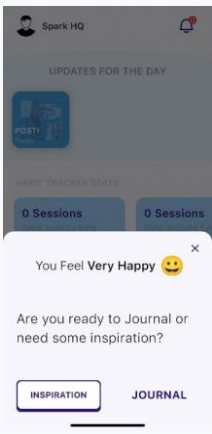
Select a habit card to view the schedule and monthly progress for that activity.

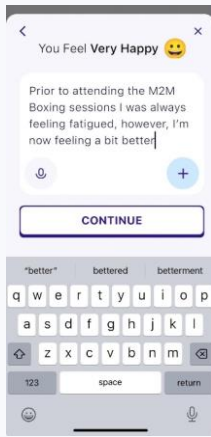
[All users](#)

Tip: Use this view to check when sessions are scheduled and how your progress is building.

2. Journal and mood posts

Use the journal to record reflections, mood updates and progress milestones. You can keep posts private or choose to share publicly where prompted in the app.

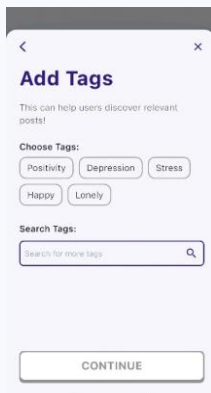
 A screenshot of the Spark App home screen. At the top, it says 'Spark HQ' with a profile icon and a notification bell. Below is 'UPDATES FOR THE DAY' with 'POST!' and 'MOOD' buttons. Then 'HABIT TRACKER STATE' with '0 Sessions' for 'M2M Boxing' and 'Walking'. At the bottom, a modal titled 'Create Journal Post' is open, showing 'Add a Habit' and 'Cancel' options.	Start a journal post Tap the plus button on the home screen and choose Create Journal Post. All users
 A screenshot of the mood selection screen. It shows a yellow smiley face emoji and the text 'You Feel Very Happy' with a 'Change Mood' link. At the bottom, there are two buttons: 'POST MOOD' and 'POST JOURNAL'.	Choose mood only or journal Select Post Mood if you only want to record your mood, or continue with Post Journal to add written reflections. All users
 A screenshot of the journal selection screen. It shows the text 'You Feel Very Happy' with a smiley face emoji. Below is the question 'Are you ready to Journal or need some inspiration?' and two buttons: 'INSPIRATION' and 'JOURNAL'.	Use inspiration or write freely Choose Inspiration if you need a prompt, or select Journal to write your own entry. All users



Write your reflection

Record what you want to capture, such as thoughts, experiences, progress or reflections on daily life.

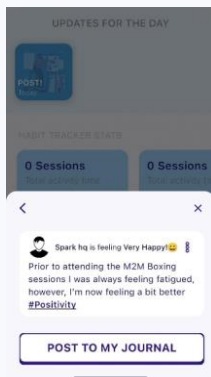
All users



Add tags

Select relevant tags so the entry is easier to organise and, if public, easier for others to discover.

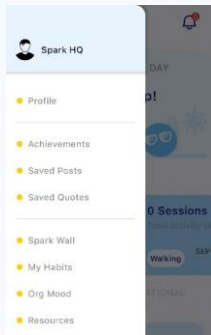
All users



Post to your journal

Review the entry, then select Post to My Journal. Follow the app prompt to keep the post private or share it publicly.

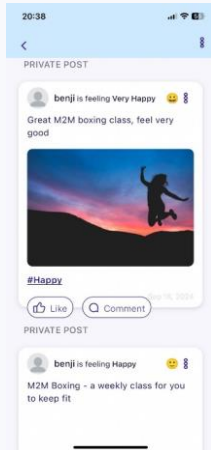
All users



Review journal history

Open the side menu from your avatar, then go to Profile and My Journal to review previous entries.

[All users](#)



Track progress milestones

Use journal history to look back at wellbeing moments, activity progress and saved reflections.

[All users](#)

3. Mood tracking

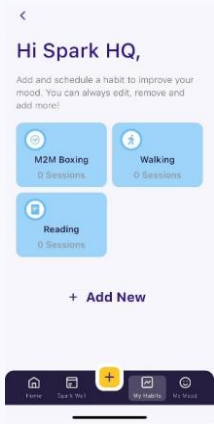
Use the mood tracker to review emotional patterns over time and understand how your mood changes across days or weeks.



Open mood score

From the home screen, select the arrows under Mood Score.

All users



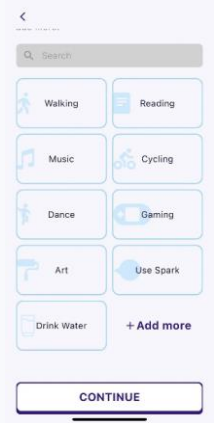
Review mood trend

Use the Mood Score view to assess mood changes over the period shown in the app.

All users

4. Habit reminders

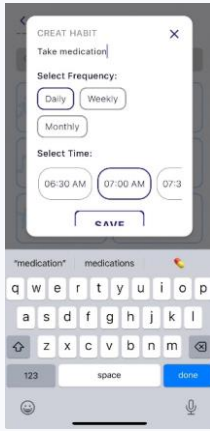
Create reminders to help build routines, maintain existing habits or support specific actions during the day.



Add a habit

Tap the plus button on the home screen and choose Add a Habit.

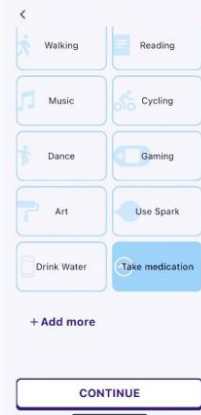
All users



Review existing habits

The My Habits screen shows existing habits and includes Add New to create another reminder.

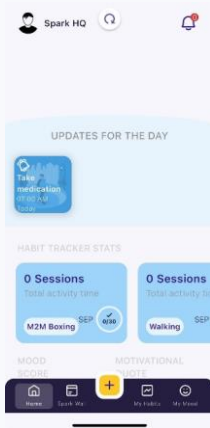
All users



Choose a habit type

Select one of the default habit options, or choose Add more to create a personalised habit.

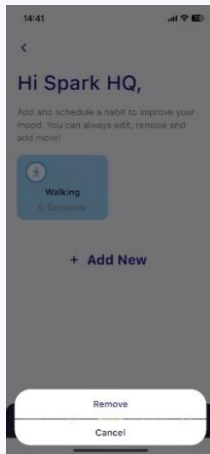
All users



Set reminder details

Enter the habit name, frequency and time, then select Save.

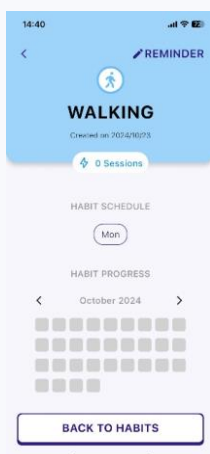
All users



Confirm the new habit

After creating the reminder, check that the new habit appears in the habit list, then continue.

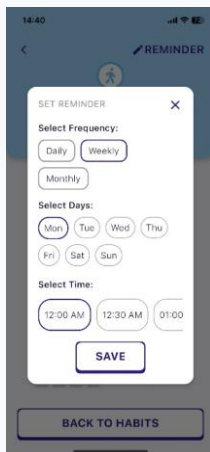
All users



Refresh the home screen

Return to the home screen and pull down to refresh. The reminder should now appear.

All users



Remove a habit

Tap and hold an existing habit, then choose Remove to delete it from your list.

All users



14:41 Spark HQ

UPDATES FOR THE DAY

POST! MOOD SCORE

HABIT TRACKER STATS

0 Sessions
Total activity time

Walking OCT 1931

MOOD MOTIVATIONAL

Home Spark Mail My Habits My Mood

Edit an existing reminder

Open a habit and select Reminder in the top right corner.

All users



Spark HQ

HABIT TRACKER STATS

0 Sessions
Total activity time

M2M Boxing SEP 1031

0 Sessions
Total activity time

Walking SEP

MOOD SCORE MOTIVATIONAL QUOTE

100 Tuesday 17

"If you can dream it, you can do it!"

SPARK RESOURCES

Home Spark Mail My Habits My Mood

Update reminder settings

Adjust frequency, days or time, then select Save to update the reminder.

All users



Spark HQ

We share anything and everything under the Sun!

Categories/ Tags: +

Spark HQ is feeling Very Happy

We're pleased to announce we're currently working with the fantastic people at Mind2Muscle on a pilot project. Watch this space 🤞

M2M MIND2MUSCLE

#Happy #m2m

Like Comment

Home Spark Mail My Habits My Mood

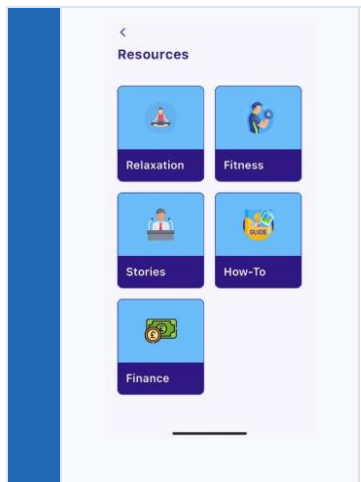
Check the update

Return to the home screen and refresh to confirm the reminder has been updated.

All users

5. Community, resources and achievements

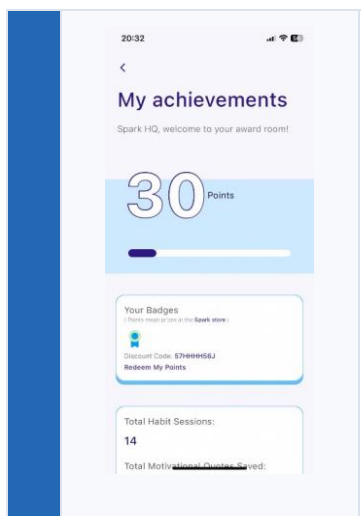
Explore Spark Wall, resource content and achievement points to support wider wellbeing engagement.



Open Spark Wall

Access Spark Wall from the bottom navigation bar or by creating a public post from the journal flow.

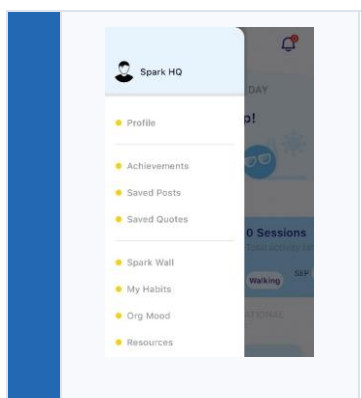
[All users](#)



Engage with posts

Use categories or tags to find relevant posts. You can like or comment on community posts.

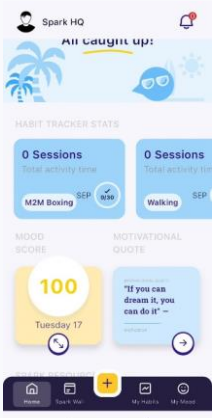
[All users](#)



Open the side menu

Tap your avatar on the home screen to access options such as Profile, Achievements, Saved Posts and Resources.

[All users](#)

The screenshot shows the Spark app interface. At the top, it says 'Spark HQ' and 'All caught up:'. Below this is a 'HABIT TRACKER STATUS' section with two cards: '0 Sessions' for 'M2M Basing' and '0 Sessions' for 'Walking'. The 'M2M Basing' card shows 'Total activity time' and 'SEP' with a checkmark. The 'Walking' card also shows 'Total activity time' and 'SEP'. Below the habit tracker is a 'MOOD SCORE' section with a large yellow circle containing the number '100' and the text 'Tuesday 17'. To the right of the mood score is a 'MOTIVATIONAL QUOTE' section with the text 'If you can dream it, you can do it' and a small image of a person. At the bottom, there is a navigation bar with icons for Home, Search, Add, My Habits, and My Mood.

Browse resources

Select Resources to view wellbeing video categories such as relaxation, fitness, stories, how-to and finance.

[All users](#)

The Spark logo consists of a blue speech bubble icon with three white dots inside, positioned above the word 'Spark' in a bold, dark blue, sans-serif font.

Review achievements

Use Achievements to review Spark points and badges earned through app activity.

[All users](#)

Need help?

If you have questions about using the wellbeing features, email info@sparkyourhealth.co.uk.