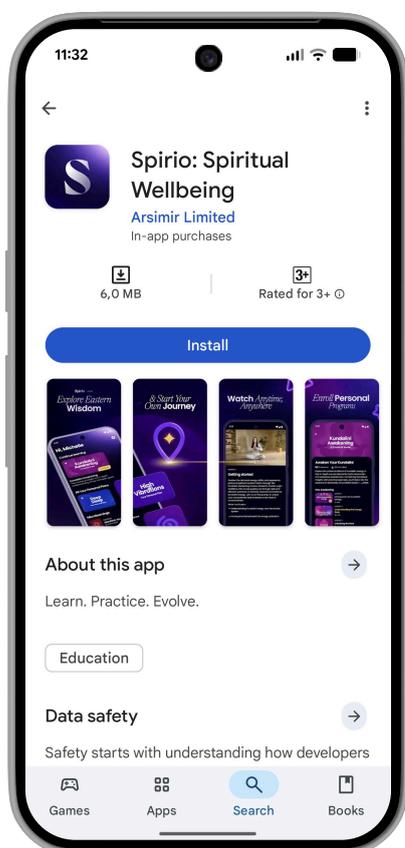# Spirio

Let's log you into the app to start your self-improvement journey right away
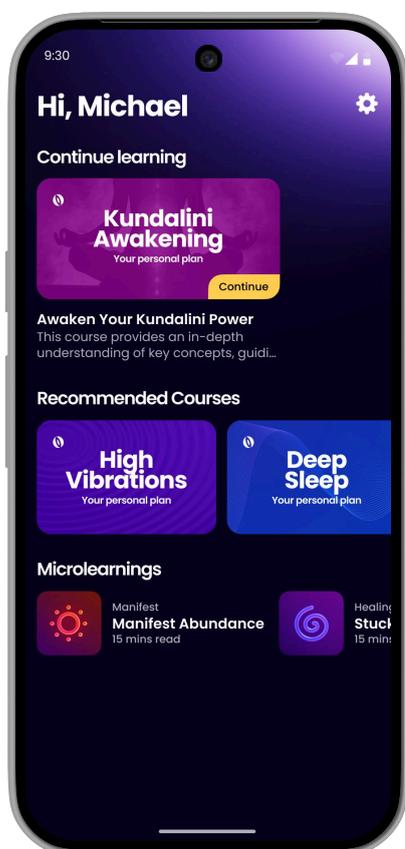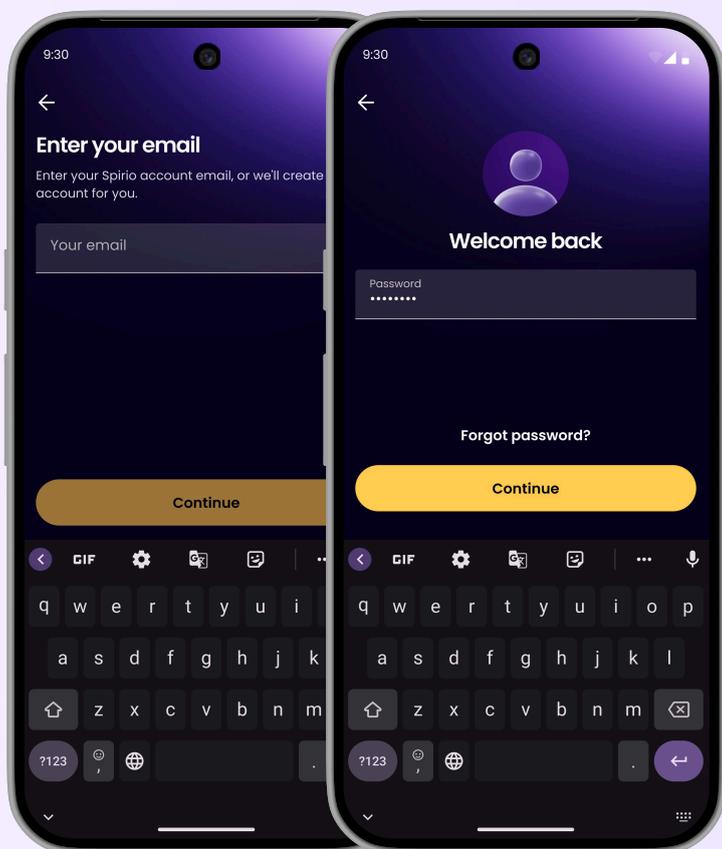
1 Download the app

Open the Google Play on your Android phone and install Spirio.

2 Log in

Enter your email and password to log in to your Spirio account.

3 Get started

Once you see the welcome screen, press Get Started — your personal plan awaits 🌿

Scan the QR code to download Spirio on your Android phone.