# MOODIFY

Username

Type here...

Password

Type here...

Forgot password?

Continue

01:56 PM

# MOODIFY

Hello user  :)

**LOG YOUR MOOD**

**REPORT**

**SET A REMINDER**

**Recommendations**

01:56 PM

# How do you feel?

Happy

Sad

Confused

Anxious

Tired

Safe

Lively

Okay

Stressed

Active

loved

Lonely

depressed

Continue

01:56 PM

# Have you done any of the following today?

Exercised

Gone for a walk

Read a book

Meditated

Self-Care

Other

## Continue

# Other Answer

What other activities did you do today?
Enter below:

Enter answer here ....

Save and Go back

01:56 PM

# Extra Questions

### What happened today?

User enters text here ...

### Did you sleep well?

User enters text here...

Continue

# Recommendations

*Gatha Meditation Walkthrough*



**Click here**

*Good Mood Playlist*



**Click here**

**Continue**

# Reports

**Daily Report**

**Weekly Report**

**Monthly Report**

**Share with Clinitian**

**Back to main page**

# Share Report with Clinitian

**Clinitian Name:**

Write the name of the Clinitian Here

**Clinitian Email:**

Write the clinitian's email here

**Clinitian site link:**

Paste the clinitian's site link here

**Clinitian Phone Nr.:**

Write the clinitian's phone nr here

## Choose which report to share

**Monthly**

**Weekly**

**Daily Report**

➡️

**Back to Report Page**

# Share Report with Clinitian

The report is being sent to your Clinitian, thank you for using this app :)

You can now go back to the main page.

This is a preview of the report that you have submitted.

Amount of times mood was logged: 3

Time: 12pm
1. Happy , Energetic
Activities logged: Went for a walk

Time: 5pm
2. Tired , Okay
Activities Logged: Read a book

Back to main page

# Daily Report

Here is your daily report User!

Amount of times mood was logged:  3

Time:  12pm

1.  Happy , Energetic

Activities logged:  Went for a walk

Time: 5pm

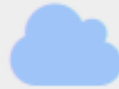2.  Tired , Okay

Activities Logged: Read a book

Time: 10pm
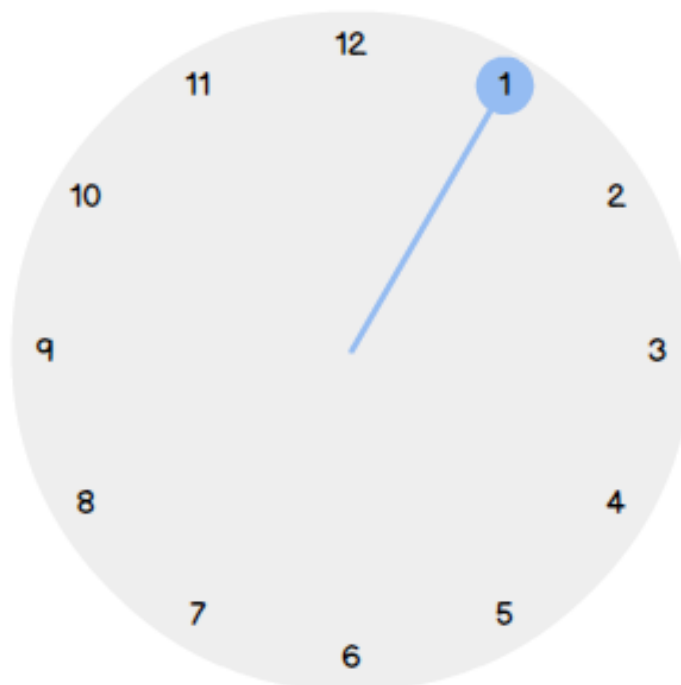
3. Happy, Safe

Activities Logged: Self-care

Back to Report page

# Set a reminder

1:56 AM PM

| | 12 | |
| 11 | | 1 |
| 10 | | 2 |
| 9 | | 3 |
| 8 | | 4 |
| 7 | 6 | 5 |

CANCEL    OK

Back to main page

# Settings

Notifications ◉

Change Username

Change password

Need professional help? Click here

Back to main page