

iFeel by Alicia Morga alpha 1.0										
<b><u>Intensity</u></b>	<b>Mild</b>									
<b><u>Category</u></b>	<b>Happy</b>	<b>Caring</b>	<b>Depressed</b>	<b>Inadequate</b>	<b>Fearful</b>	<b>Confused</b>	<b>Hurt</b>	<b>Angry</b>	<b>Lonely</b>	<b>Guilt-Shame</b>
	glad	warm toward	unhappy	lacking confidence	nervous	uncertain	put down	uptight	left out	regretful
	good	friendly	down	unsure of myself	anxious	unsure	neglected	disgusted	excluded	wrong
	contented	like	low	uncertain	unsure	bothered	overlooked	bugged	lonesome	embarrassed
	satisfied	positive toward	bad	weak	hesitant	uncomfortable	minimized	turned off	distant	at fault
	gratified		blah	inefficient	timid	undecided	let down	put out	aloof	in error
	pleasant		disappointed		shy		unappreciated	miffed		responsible for
	pleased		sad		worried		taken for granted	irked		blew it
	fine		glum		uneasy			perturbed		goofed
					bashful			ticked off		lament
					embarrassed			teed off		
					ill at ease			chagrined		
					doubtful			cross		
					jittery			dismayed		
					on edge			impatient		
					uncomfortable					
					self-conscious					

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<b><u>Intensity</u></b>	<b>Moderate</b>									
<b><u>Category</u></b>	<b>Happy</b>	<b>Caring</b>	<b>Depressed</b>	<b>Inadequate</b>	<b>Fearful</b>	<b>Confused</b>	<b>Hurt</b>	<b>Angry</b>	<b>Lonely</b>	<b>Guilt-Shame</b>
	cheerful	caring	distressed	inadequate	afraid	mixed up	hurt	resentful	lonely	ashamed
	light-hearted	fond of	upset	whipped	scared	disorganized	belittled	irritated	alienated	guilty
	neat	regards	downcast	defeated	fearful	foggy	shot down	hostile	estranged	remorseful
	happy	respectful	sorrowful	incompetent	apprehensive	troubled	overlooked	annoyed	remote	crummy
	serene	admiration	demoralized	inept	jumpy	adrift	abused	upset with	alone	to blame
	wonderful	concern for	discouraged	overwhelmed	shaky	lost	depreciated	agitated	apart from others	lost face
	up	hold dear	miserable	ineffective	threatened	at loose ends	criticized	mad	insulated	demeaned
	aglow	prize	pessimistic	lacking	distrustful	embroiled	defamed	aggravated	isolated from others	
	glowing	taken with	tearful	deficient	risky	going around in circles	censured	offended		
	in high spirits	turned on	weepy	unable	alarmed	disconnected	discredited	antagonisitic		
	jovial	trust	rotten	incapable	butterflies	frustrated	disparaged	exasperated		
	riding high	close	awful	small	awkward	in a bind	laughed at	belligerent		
	elevated		horrible	magnificent	defensive	ambivalent	maligned	mean		
			terrible	like Casper Milquetoast		disturbed	mistreated	vexed		
			blue	unfit		helpless	ridiculed	spiteful		
			lost	unimportant			devalued	vindictive		
			melancholy	incomplete			scorned			
				no good			mocked			
				immobilized			scoffed at			
							used			
							exploited			
							debased			
							slammed			
							slandered			
							impugned			
							cheapened			



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Time	Date	Intensity	Category	Word	Geo			
8:00 a.m.	7/1/10	mild	happy	cheerful	address, city			
8:00 a.m.	7/2/10	moderate	caring	respectful	address, city			
8:00 a.m.	7/3/10	moderate	depressed	upset	address, city			
8:00 a.m.	7/4/10	mild	inadequate	whipped	address, city			
8:00 a.m.	7/5/10	mild	fearful	afraid	address, city		Colors would mimick the	
8:00 a.m.	7/6/10	strong	caring	respectful	address, city		The user report data was	
8:00 a.m.	7/7/10	mild	happy	cheerful	address, city			- feeling as
8:00 a.m.	7/8/10	strong	happy	cheerful	address, city			- you were
8:00 a.m.	7/9/10	moderate	happy	cheerful	address, city			- as a cloud
8:00 a.m.	7/10/10	moderate	fearful	afraid	address, city			- predomin
8:00 a.m.	7/11/10	mild	fearful	afraid	address, city			
8:00 a.m.	7/12/10	moderate	caring	respectful	address, city			
8:00 a.m.	7/13/10	mild	depressed	upset	address, city			
8:00 a.m.	7/14/10	moderate	inadequate	whipped	address, city			
8:00 a.m.	7/15/10	mild	inadequate	whipped	address, city			
8:00 a.m.	7/16/10	mild	depressed	upset	address, city			
8:00 a.m.	7/17/10	moderate	happy	cheerful	address, city			
8:00 a.m.	7/18/10	mild	caring	respectful	address, city			
8:00 a.m.	7/19/10	strong	fearful	afraid	address, city			
8:00 a.m.	7/20/10	strong	fearful	afraid	address, city			
8:00 a.m.	7/21/10	mild	fearful	afraid	address, city			
8:00 a.m.	7/22/10	moderate	happy	cheerful	address, city			
8:00 a.m.	7/23/10	moderate	caring	respectful	address, city			
8:00 a.m.	7/24/10	moderate	caring	respectful	address, city			
8:00 a.m.	7/25/10	moderate	happy	cheerful	address, city			
8:00 a.m.	7/26/10	strong	depressed	upset	address, city			
8:00 a.m.	7/27/10	mild	inadequate	whipped	address, city			
8:00 a.m.	7/28/10	mild	fearful	afraid	address, city			
8:00 a.m.	7/29/10	strong	fearful	afraid	address, city			
8:00 a.m.	7/30/10	moderate	happy	cheerful	address, city			
8:00 a.m.	7/31/10	mild	caring	respectful	address, city			
This is an example of once a day, prompted, and at the same time								

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Achievement Levels							
<u>Log In and Share Frequency</u>	<u>Check-in</u>	<u>Share</u>	<u>Log Level</u>	<u>Share Level</u>			
<1 a day			In denial/Out of Touch	Closed off			
1 a day			Awakening	Guarded			
2 or > a day			Alert	Expressive			
> 1x a day for 3 days in a row			Alive	Trusting			
>3x a day every day for 5 days			Aware	Open			
>3x a day every day for a month			Authentic	Generous			
>3x a day every day for a year			Enlightened	Bodhisattva			- <b>Note:</b> I want this to be the highest, near impossible gold standard