

User Manual

1. Download the iMoody Chrome Extension, currently this is done by downloading or cloning the project from Github.

This can be done by

- a. Navigating to your terminal
- b. Choosing an appropriate location
- c. Typing git clone

<https://github.com/Bsmith1997/iMoodyPopUp.git>

2. From here, open the iMoodyPopUp folder and double click on popup.html. The interface for the pop-up will open in your browser.

3. Set up a user account

4. Specify what forms of social media that iMoody will be used on

5. Select what activity categories are of interest to you

6. Rate your mood before and after social media use to view statistics.

7. If you want to see how your mood has been affected over time, look at the data display

8. If an activity selection isn't of interest to you, you can add another activity category.