

User Manual

1. Download the iMoody Chrome Extension
2. Set up a user account
3. Specify what forms of social media that iMoody will be used on
4. Select what activity categories are of interest to you
5. Rate your mood before and after social media use
6. If you want to see how your mood has been affected over time, look at the data display
7. If an activity selection isn't of interest to you, remove it from the suggested list
8. You can also add your own suggested activities