#flo #ref #incomplete

# 1 | **Kyntic? sure!**

the repo the designs

gradient: `https://cssgradient.io` background: rgb(171,197,197);
background: linear-gradient(90deg, rgba(171,197,197,1) 0%, rgba(199,196,225,1) 50%, rgba(163,115,144,1) 100%);

inspo: `https://miro.medium.com/max/2000/1*9XUTmFn8Ok0CeJ2QkI1_ig.png`

auth: `https://www.youtube.com/watch?v=oXWImFqsQF4&ab_channel=NaderDabit` or, `https://www.pullrequest.com/blog/authentication-with-nextjs-and-supabase/`

## 1.1 | **database planning**

*alright.*

have a table with

| uuid | user | date | data… |
|------|------|------|-------|
| nanoid() | jeff | Date() | all the data in multiple cells |
| nanoid() | alb | Date() | all the data in multiple cells |
| nanoid() | alb | Date() | all the data in multiple cells |
| nanoid() | jeff | Date() | all the data in multiple cells |

and ect.

have another table, which stores user specific things:

| user | global data |
|------|-------------|

1. global data

| workouts | activities |
|----------|------------|

2. logging data

| date | mood | sleep | exercise (json?) | screen time | activities | notes | tics? tic data? | perceived severity? |
|------|------|-------|------------------|-------------|------------|-------|-----------------|---------------------|

mood: int sleep: int screen time: int notes: text perceived severity: int exercise: json activities: json
KBxKynticDesignReviewNotes

## 1.2 | **view screen!**

`https://hypeserver.github.io/react-date-range/` daily radar chart?

## 1.3 | **possible additions**

something that tells you what you have tracked at the top of the log screen