

#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*9XUTmFn80k0CeJ2QkI1_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 perceived severity: int notes: text 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