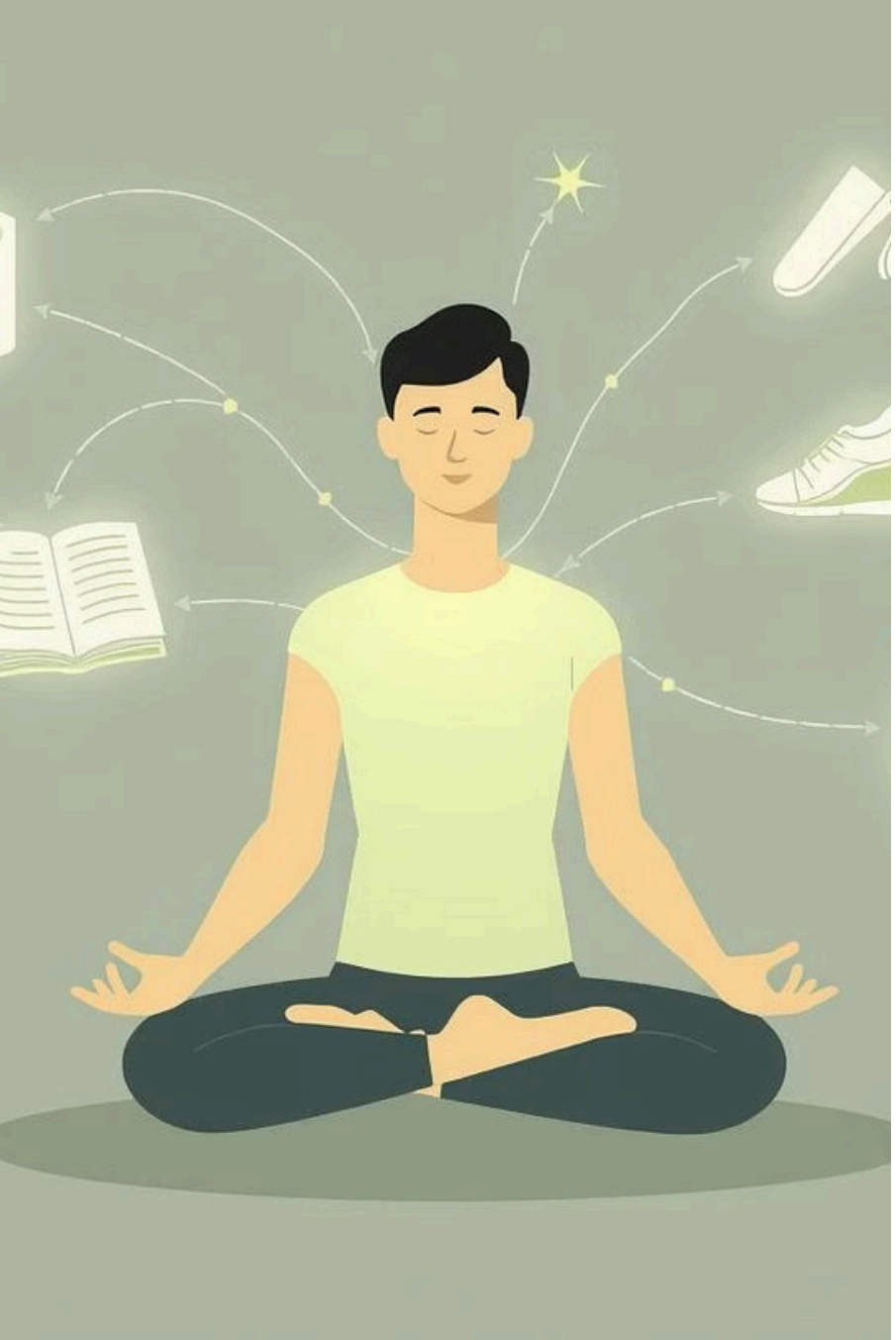


Personal Habit & Mood Linker

Uncover the hidden connections between your daily habits and well-being.

Project Overview

A simple tool to help you understand the correlation between daily habits and perceived mood, revealing positive or negative impacts on well-being.

Concept

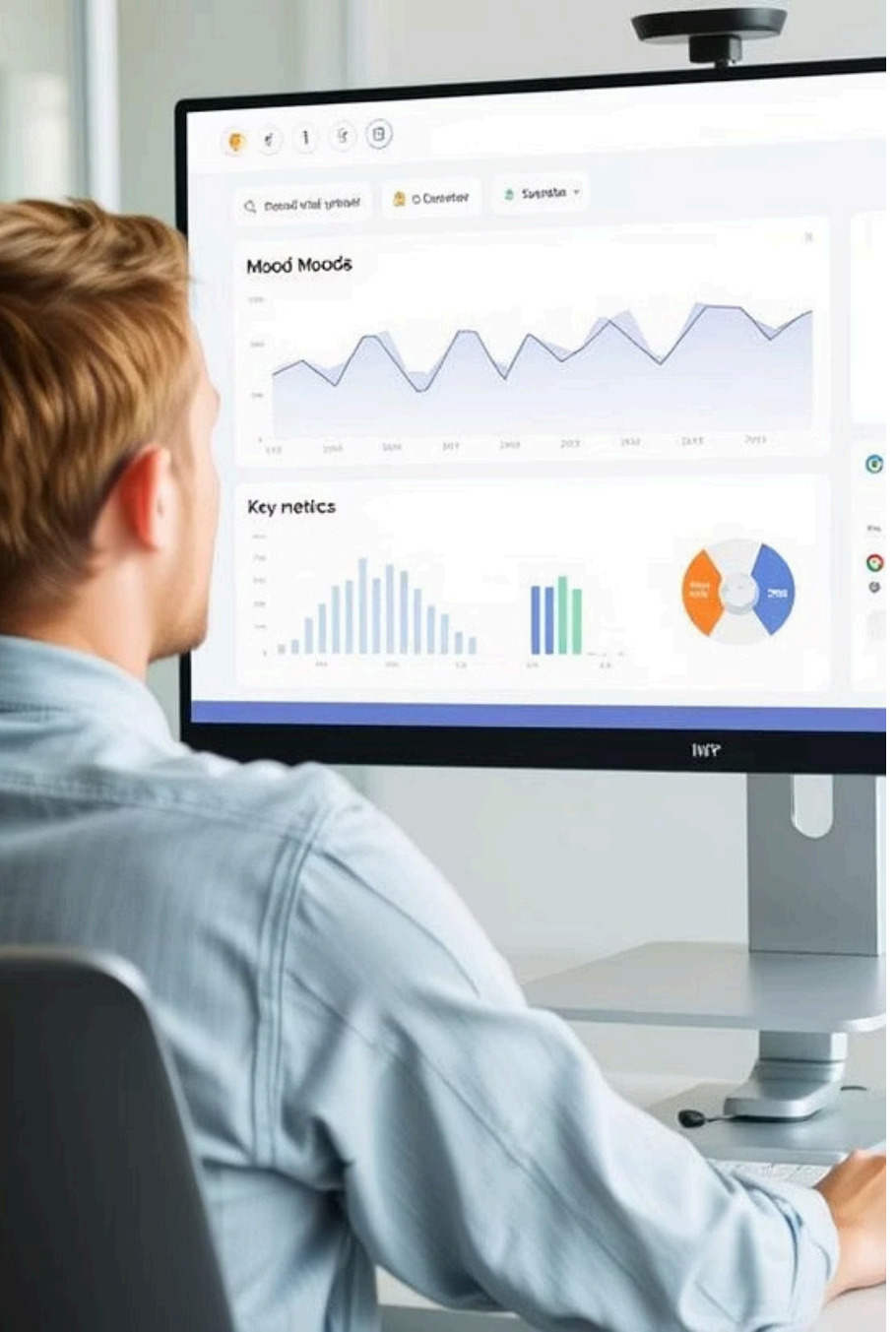
Understand habit-mood correlations.

Problem

Lack of personalized tools for well-being insights.

Solution

Easy platform for daily logging and personalized insights.



Value Proposition

For individuals seeking deeper well-being understanding, our tool offers a data-driven solution to uncover direct correlations between habits and emotional states.

Personalized Insights

Actionable data from your own routines.

Proactive Well-being

Cultivate routines for positive daily experiences.

Data Collection & Usage

The tool's value relies on continuous collection of personal daily habit and mood data, creating a direct feedback loop for self-improvement.

Collect

Manual input: MoodRating (1-5), Boolean status for habits (Exercise, Sleep, Social, Healthy Eating), optional Notes.

Store

Locally on device: CSV or SQLite file.

Use

Analyze data for personalized insights on habit-mood correlations, presented as simple reports.

How It Works: Data Flow

1

1. Data Collection

Daily manual user input: Mood, Habit Status, Notes.

2

2. Data Storage

Local CSV or SQLite file for simplicity.

3

3. Data Processing

Grouping, averaging, and simple trend analysis.

4

4. Insights

Simple statistics showing habit-mood correlations.

5

5. Actionable Output

Text summaries and basic visualizations.

Ethical & Legal Considerations

Addressing privacy, security, and transparency is crucial for sensitive personal data.

Privacy & Confidentiality

Highly sensitive personal health data requires protection from exposure.

Data Security

Protecting data from unauthorized access, modification, or destruction.

Misinterpretation

Users might over-interpret simple correlations as definitive causation.

MVP Scope

Focusing on core functionality to test the primary assumption.

In Scope

- Simple daily data entry (CLI/basic GUI)
- Local data storage (CSV/SQLite)
- Basic analysis & text insights
- User data control & disclaimers

Out of Scope

- User accounts/cloud sync
- Advanced UI/UX or mobile app
- Complex AI/integrations
- Social features/notifications

Testing the Core Assumption

Will users consistently track habits and mood for personalized insights?

1

Recruitment

5-10 early adopters for 2-4 weeks.

2

Feedback

Mid-point & end-of-period interviews.

3

Analysis

Assess consistency, perceived value, and actionability.

4

Success

70% consistent logging AND novel understanding/motivation.