Programming Practises Code report

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1. Record Your Mood

This program lets us keep a personal mood journal. We can enter your current mood on a scale from 1 to 10, write a title for the journal entry, and add any notes we like. It's like a diary for our feelings.

2. Never Lose Your Entries

Our mood entries are stored using a user-friendly format called JSON. This means we won't lose your mood history even if we close the program. We can revisit and reflect on your past emotions.

3. Back Up Your Mood Data

We can export your mood journal to a file. Think of it as creating a backup of our emotions. It's handy for saving your mood journal or sharing it with friends or therapists.

4. Bring Back the Past

If we ever need to restore your previous mood entries or move them to another device, you can import your data from a JSON file.

5. Reflect on Your Journey

The program allows us to view all your recorded mood entries. We'll see our journal titles, mood ratings, and any notes we've added. This feature is like a mirror to our past feelings.

6. Easy Navigation

With a simple menu-driven interface, we can easily add, view, export, or import mood entries. It's designed to be user-friendly and straightforward.

7. No More Bad Ratings

To make sure our mood ratings make sense, the program checks that they are between 1 and 10. This helps maintain the quality of our mood data.

8. Safety Net for Errors

If something unexpected happens, don't worry. The program is prepared to handle issues when saving or loading our mood data. It's like a safety net for our emotions.

9. Code That Makes Sense

The program's code is clean and organized. Variable and method names are chosen carefully to make it easy to understand and modify. Think of it as a well-organized bookshelf for your code.

10. Embrace Self-Discovery

Beyond all the technical aspects, this program encourages self-reflection. It's a tool to better understand our moods and emotions over time. It helps you become more self-aware and gain insights into our feelings and experiences.


```
udaykumarbhilme@192 app % /usr/bin/env /Library/Java/JavaVirtualMachines/jdk-20.jdk/Contents/Home/bin/j
var/folders/7j/6nvx89vs0clbhwhdwqbhb80r0000gn/T/cp_9aoxa55eg37yzmniouug8iywz.argfile moodjournal.MoodJou
Mood Journal Menu:
1. Add Mood Entry
2. View Mood Entries
3. Export Mood Data
4. Import Mood Data
5. Exit
Enter your choice: 1
Enter your mood rating (1-10): 7
Add any notes (optional): heyyy !!! this is my entry , call it nth maybe :)
```

Figure 1: the Output 1

Figure 2: the entries

Figure 3: The entries 2

Figure 4: the Menu