

My mood diary app

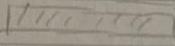
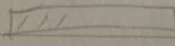
My mood diary app would have features that make the app very user friendly and accessible for people of all ages. It would be easy to organise and to view. It would have progress bars showing you how you are doing with said activities and goals with encouraging messages to help you push through and achieve whatever it is you want to. My mood diary app would also contain a calendar that you can say on each day whether or not your mental health was good or bad that day, this would then produce a small report at the end of each week showing you how you felt and a larger one at the end of each month with suggestions for new things to try to improve your mood further. I would have a small section where you could write in three words that describe how your day was and how you felt about it as a way to help you reflect. I would include a tracker section where the user can enter their meditation, sleep and fitness progress for the day as these things have a big impact on everyone's mental health, this section would also include suggested meditation audios and short exercise and workout routines that change every day to keep the user more interested and engaged.

Typical user 1:

One typical user I could see for this app would be college students. College students are incredibly busy and constantly under a lot of stress from heavy workloads and pressure from those around them to do well. A good mood diary app would be a big help to them to easily and quickly keep track of their mood when on the go and to help them keep active and exercise and to also help them unwind at the end of the day with some meditation. The short 3 word section would suit them very well as they can do it quickly between lectures or while on a study break. I think they would find the reports very inciteful and useful to be able to check how different times of year such as exam season affect their mood.

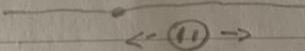
Typical user 2:

I think another typical user of my app would be just your average person who wants to keep track of their mental health on a day to day basis and try to improve themselves through daily meditation and fitness. The quick and easy to understand interface would encourage these people to continue to use the app as they don't feel like it is a chore to do. I think they would find the sleep tracker particularly useful as I don't think a lot of people really take notice on how much their sleep effects their mental health over a long period of time.

Daily goal  100% ✓
Weekly goal  30%
add goal ->

Steps :->

"Motivational quote"

now playing
"meditation"




HOME



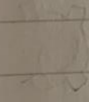
CALANDER



WORDS



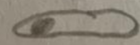
REPORT



SETTINGS

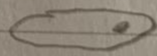
Settings

dark mode

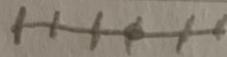


control

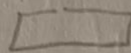
notifications



text size



Clear data



mm ▾

4444 ▾

mm ▽		yy yy ▽	
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28

REPORT

monthly

24/28 daily goals complete

4/4 weekly goals complete

Overall mood up 17%

from last month



"advice for continued
improvement"

3 words

~~_____~~

good/bad

~~_____~~

good/bad

~~_____~~

good/bad