

EMOTIONAL ENERGY TRACKER WITH MUSIC + MOOD

Total Participants

15

Total Responses

145

Overall Mood

3.74

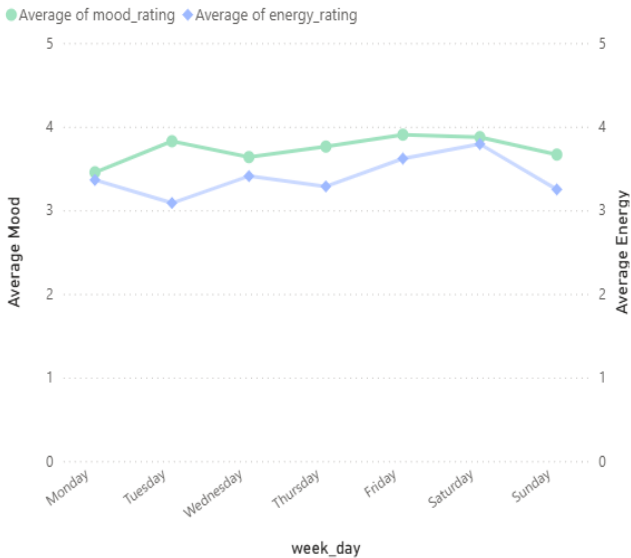
Overall Energy

3.41

Most Common Genre

Calm, soothing

Mood and Energy trends over the week



Mood by Weekday & Time of day

am/pm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
AM	3.00	4.00	3.80	3.83	4.00	4.27	3.67	3.91
PM	3.53	3.78	3.50	3.73	3.88	3.54	3.67	3.67
Total	3.45	3.83	3.64	3.76	3.90	3.88	3.67	3.74

Energy by Weekday & Time of day

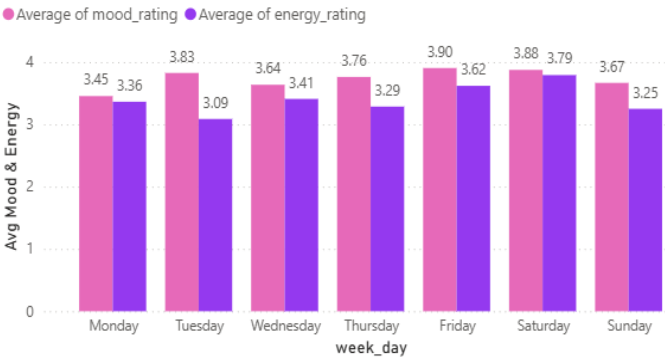
am/pm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
AM	3.33	3.80	4.00	3.50	4.00	4.36	3.67	3.93
PM	3.37	2.89	2.92	3.20	3.50	3.31	3.11	3.20
Total	3.36	3.09	3.41	3.29	3.62	3.79	3.25	3.41

am/pm

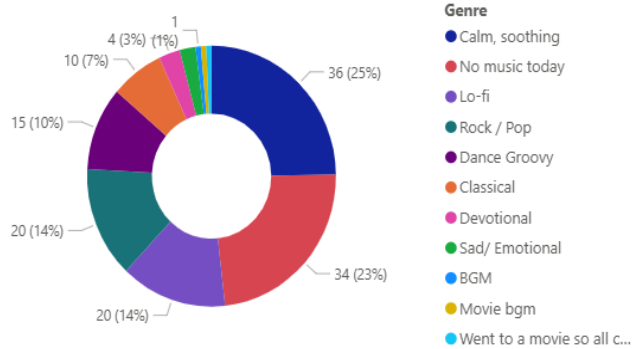
☐ AM

☐ PM

Weekday Emotional Energy Patterns



Most Played Genres



Mood vs Energy Impact by Genre

