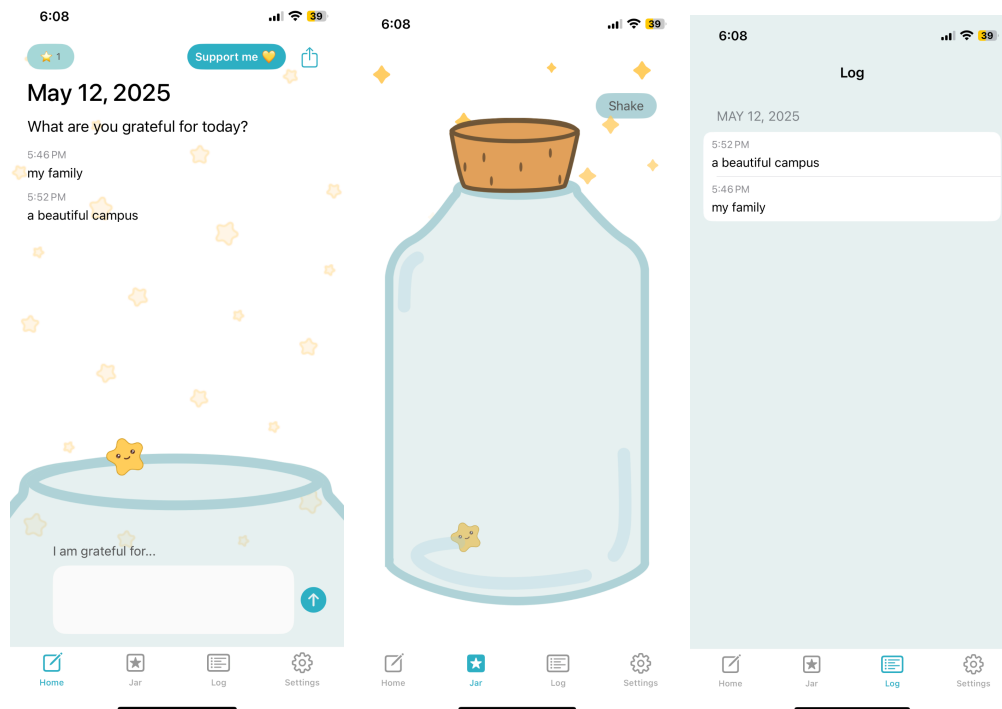


## Comparative Analysis

### 1. App: Gratitude Jar

- <https://apps.apple.com/us/app/gratitude-jar/id1592919960>
- This app is easy to use, is visually engaging, and has great gamification elements.

There are three tabs: one to input and display what you have inputted that day, one that displays your data as stars in a jar and allows you to randomly view data, and one that shows all your inputted data in a list format. The jar is interactive as you can shake it and have the stars move around, and you can watch the stars collect in the jar after you input new data. There is also a streak feature.



## 2. App: Good Things gratitude journal

- <https://apps.apple.com/us/app/good-things-gratitude-journal/id1212999482>
- This app is simple to use and straightforward. There are three main pages: “memories”, which allows you to view all your imputed data, “today”, which allows you to write, edit, and view your three inputs for the day, and “progress” which gives a visual representation of your statistics, including how many entries you inputted, how many things you found gratitude in based on different timelines, and your streak. The app is not gamified; instead, it is structured around an intake form and displays data. The main graphics are found on the “progress” page.
- (I like this use of sorting data by displaying different blocks, and am thinking of incorporating this by sorting types of data into blocks, such as “personal life”, etc.)

