My app:

* Mood 1-10 scale
* Energy 1-10 scale
* Productivity 1-10 scale
* Stress 1-10 scale
* Emotions (33)
  + Positive
    - Happy
    - Grateful
    - Inspired
    - Confident
    - Proud
    - Relaxed
    - Content
    - Curious
    - Optimistic
    - Loved
    - Calm
    - Hopeful
  + Negative
    - Tired
    - Indifferent
    - Bored
    - Sad
    - Lonely
    - Anxious
    - Frustrated
    - Overwhelmed
    - Angry
    - Jealous
    - Guilty
    - Disappointed
    - Guilty
    - Nervous
    - Grief
    - Insecure
    - Stressed
  + Complex
    - Restless
    - Nostalgic
    - Nervous
    - Conflicted
* ”Activities”
  + Free time
    - Movies
    - Read fiction
    - Ingest intellectual content
    - Gaming
    - Working on projects
  + Social
    - Family
    - Friends
    - Party
    - Meeting new people
    - Concert
    - Festival
    - Alone time
    - Organization (Synapse, Kmmunity etc.)
  + Good habits
    - Meditation
    - Read before going to bed
    - No screen before going to bed
  + Weather
    - Lokation
    - Sunny
    - Cloudy
    - Rain
    - Snow
    - Heat
    - Storm
    - Wind
  + School/Work
    - Class
    - Study
    - Exam
    - Work (scale 0-3)
    - Conference
    - Give talk
    - Research
    - Meetings
    - Management
    - Admin
    - Deep work
  + Chores
    - Cleaning
    - Cooking food
    - Other practical stuff
  + Health (good and bad)
    - Exercise
    - Sport
    - Walk
    - Wellness (eg. spa)
    - Swim
    - Sick (being ill)
    - Sore (after eg. Workout)
    - Pain
    - Drugs
    - Onani
    - Nap
    - Sex
  + Other
    - Impactful postive event
    - Impactul negative event
    - Travel
    - Don’t have own room
* Levels (radio buttons)
  + 1-3 (quality)
    - Food
    - Sleep
  + 1-4 (no, little, medium, much)
    - Alcohol
    - Caffeine

Daylio:

Pros: Very easy to use. More free analysis.

Cons: Too simple eg. Mood is only 1-5 and generally not enough factors taken into account.

* 1-5 mood scale
* Activities + Emotions (binary)
  + Emotions
  + Hobbies
  + Social
  + Better Me
  + Productivity
  + Weather
  + School
  + Beauty
  + Chores
  + Sleep
  + Health
  + Food

Apple:

Pros: Easy to use

Cons: only apple

* 1-5 mood scale
* Feelings/emotions
* Activities

Bearable:

Pros: Has a lot of factors – more accurate analysis. Integration with fitbit.

Cons: Would take more time to configure. Interesting analysis requires pros (60 DKK month)

* Mood 1-10 scale
* Emotions/feelings
* Physical
  + Pain
  + Anxiety
  + Fatigue
  + Digestive
  + Respiratoty
* Sleep (fitbit)
  + Time asleep
  + Tie in beed
  + Nap time
  + Sleep factors
    - Early bed
    - Late bed
    - Phone in bed
    - Read in bed
* Energy 1-5 scale
* Productivity 1-5 scale
* Health measurements
  + Heart rate
  + Blood pressure
  + Step counts
  + Weight
  + Heart rate variability
* Bowel movements (shit?)
  + ”Texture”
* Routine – doing stuff?
* Lifestyle 1-3 scale
  + Alcohol
  + Caffeine
  + Work
  + Stress
* Active 1-4 scale
* Nutrition