

Entries

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POST

/api/Entries

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Parameters

Cancel

Reset

No parameters

Request body

application/json

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```
{
  "mood": "tired",
  "note": "didn't sleep well"
}
```

Execute

Clear

Responses

Curl

```
curl -X 'POST' \
  'http://localhost:5235/api/Entries' \
  -H 'accept: text/plain' \
  -H 'Content-Type: application/json' \
  -d '{
    "mood": "tired",
    "note": "didn\''t sleep well"
  }'
```

Request URL

http://localhost:5235/api/Entries

Server response

Code

Details

201

Undocumented

Response body

```
{
  "id": 1,
  "date": "2025-05-31T09:19:39.330989Z",
  "mood": "tired",
  "note": "didn't sleep well",
  "tip": " Given that you're feeling tired and didn't sleep well, it might be beneficial to take some time for a short power nap. A power nap of around 20 minutes can help rejuvenate your energy levels without causing grogginess upon waking up. Additionally, ensure you have a balanced meal or snack with complex carbohydrates and protein to maintain steady blood sugar levels throughout the day. Hydration is also essential, so remember to drink plenty of water. Finally, consider engaging in some light exercise or stretching to boost your mood and energy levels. Take care and prioritize self-compassion today."
}
```

Download

```
content-type: application/json; charset=utf-8
date: Sat, 31 May 2025 09:19:40 GMT
location: http://localhost:5235/api/Entries/1
server: Kestrel
transfer-encoding: Identity
```

Responses

Code	Description	Links
200	OK	No links

Media type

text/plain

▼

Controls Accept header.

Example Value

Schema

```
{
  "id": 0,
  "date": "2025-05-31T09:22:00.429Z",
  "mood": "string",
  "note": "string",
  "tip": "string"
}
```

GET

/api/Entries/{id}

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Parameters

Cancel

Name	Description
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id <span>★ required</span>	
integer(\$int32)	1
(path)	

Execute

Clear

Responses

Curl

```
curl -X 'GET' \
  'http://localhost:5235/api/Entries/1' \
  -H 'accept: text/plain'
```

Request URL

http://localhost:5235/api/Entries/1

Server response

Code

Details

200

Response body

```
{
  "id": 1,
  "date": "2025-05-31T09:19:39.330989Z",
  "mood": "tired",
  "note": "didn't sleep well",
  "tip": " Given that you're feeling tired and didn't sleep well, it might be beneficial to take some time for a short power nap. A power nap of around 20 minutes can help rejuvenate your energy levels without causing grogginess upon waking up. Additionally, ensure you have a balanced meal or snack with complex carbohydrates and protein to maintain steady blood sugar levels throughout the day. Hydration is also essential, so remember to drink plenty of water. Finally, consider engaging in some light exercise or stretching to boost your mood and energy levels. Take care and prioritize self-compassion today."
}
```

Download

```
content-type: application/json; charset=utf-8
date: Sat, 31 May 2025 09:21:28 GMT
server: Kestrel
transfer-encoding: Identity
```

Responses

Code	Description	Links
200	OK	No links

Media type

text/plain

▼

Controls Accept header.

Example Value

Schema

```
{
  "id": 0,
  "date": "2025-05-31T09:22:00.425Z",
  "mood": "string",
  "note": "string",
  "tip": "string"
}
```

Schemas

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MoodEntry

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MoodEntryRequestDto

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