Mood Tracker Project Documentation

Introduction

The Mood Tracker project is a simple web application that allows users to record their daily moods along with notes. It uses HTML, CSS, and JavaScript to provide an interactive interface. Moods are stored in the browser's postdoctoral so that they persist across sessions.

Features

1. Mood selection with predefined emojis.

2. Texture to write about the selected mood.

3. Save button to store the mood and note.

4. Mood history display with date and time.

5. Persistent storage using postdoctoral.

Project Folder Structure

The project consists of three main files:

• index.html

• style.css

• script.js

Index.html

```
<!DOCTYPE html>
<html lang="en">
<head>
 <meta charset="UTF-8">
 <title>Mood Tracker</title>
 <link rel="stylesheet" href="style.css">
</head>
<body>
 <div class="container">
  <h1>Daily Mood Tracker</h1>

  <form id="mood-form">
   <label for="mood">Select your mood:</label>
   <select id="mood" required>
```

```html
      <option value="">--Choose--</option>
      <option value="🙂 Happy">🙂 Happy</option>
      <option value="😢 Sad">😢 Sad</option>
      <option value="😠 Angry">😠 Angry</option>
      <option value="😐 Neutral">😐 Neutral</option>
      <option value="😌 Relaxed">😌 Relaxed</option>
    </select>

    <label for="note">Add a note (optional):</label>
    <textarea id="note" rows="3" placeholder="Write something..."></textarea>

    <button type="submit">Save Mood</button>
  </form>

  <h2>My Mood History</h2>
  <ul id="mood-history"></ul>
 </div>

 <script src="script.js"></script>
</body>
</html>
```

5. style.css

```css
body {
 font-family: Arial, sans-serif;
 background: #f4f6f8;
 margin: 0;
 padding: 0;
}

.container {
 max-width: 600px;
 margin: 40px auto;
 background: white;
 padding: 30px;
 border-radius: 8px;
 box-shadow: 0 4px 10px rgba(0,0,0,0.1);
}

h1, h2 {
 text-align: center;
 color: #333;
}
```

```css
form {
  display: flex;
  flex-direction: column;
  gap: 15px;
}

select, textarea, button {
  padding: 10px;
  font-size: 16px;
  border: 1px solid #ccc;
  border-radius: 4px;
}

button {
  background-color: #4caf50;
  color: white;
  cursor: pointer;
  transition: background-color 0.3s ease;
}

button:hover {
  background-color: #388e3c;
}

#mood-history {
  list-style: none;
  padding: 0;
}

#mood-history li {
  background: #e8f0fe;
  padding: 10px;
  margin-top: 10px;
  border-radius: 5px;
  border-left: 5px solid #4caf50;
}
```

script.js

```javascript
const form = document.getElementById('mood-form');
const moodSelect = document.getElementById('mood');
const noteInput = document.getElementById('note');
const historyList = document.getElementById('mood-history');
```

```javascript
// Load saved moods from localStorage when the page loads
window.onload = function () {
  const entries = JSON.parse(localStorage.getItem('moodLogs')) || [];
  historyList.innerHTML = ''; // clear before loading again
  entries.forEach(displayEntry);
};

// Save mood when form is submitted
form.addEventListener('submit', function (e) {
  e.preventDefault();

  const mood = moodSelect.value;
  const note = noteInput.value.trim();
  const date = new Date().toLocaleDateString();

  if (!mood) {
    alert('Please select a mood!');
    return;
  }

  const entry = { mood, note, date };

  // Get existing logs or initialize
  const moodLogs = JSON.parse(localStorage.getItem('moodLogs')) || [];

  // Add new entry to the beginning
  moodLogs.unshift(entry);

  // Save updated logs to localStorage
  localStorage.setItem('moodLogs', JSON.stringify(moodLogs));

  // Show on page
  displayEntry(entry);

  // Reset form
  form.reset();
});

// Function to display one mood entry
function displayEntry(entry) {
  const li = document.createElement('li');
  li.innerHTML = `<strong>${entry.date}</strong>:
${entry.mood}<br><em>${entry.note}</em>`;
```

```
 historyList.appendChild(li);
}
```

Conclusion

The Mood Tracker project successfully provides an easy and interactive way for users to record their emotions and thoughts on a daily basis. By using HTML, CSS, and JavaScript with localStorage, the application ensures that data persists even after closing the browser. This project helps users reflect on their emotional patterns over time and can be extended with features like mood statistics, filtering, and exporting data. It demonstrates how simple web technologies can be combined to create a practical and user-friendly application.