Alpha Release

TJ de Laveaga

OVERVIEW

So far I've been focusing on collecting the data. I've been using toggl to collect my time spent doing things data and pen and paper for everything else. It's been a challenge to remember to collect the data but something I'm going to start doing is having reminders on my phone.

I have the basic website layout planned. It's going to be similar to this website, with text on the left and visualizations on the right.

I've created 3 basic visualizations, one in Adobe Illustrator, one in Datawrapper, and one in D3.

Features

- Website layout (concept)
- Website hosting and project repository
- Data collection system and routine
- Time spent visualization
- Feeling Calendar visualization (Mockup)
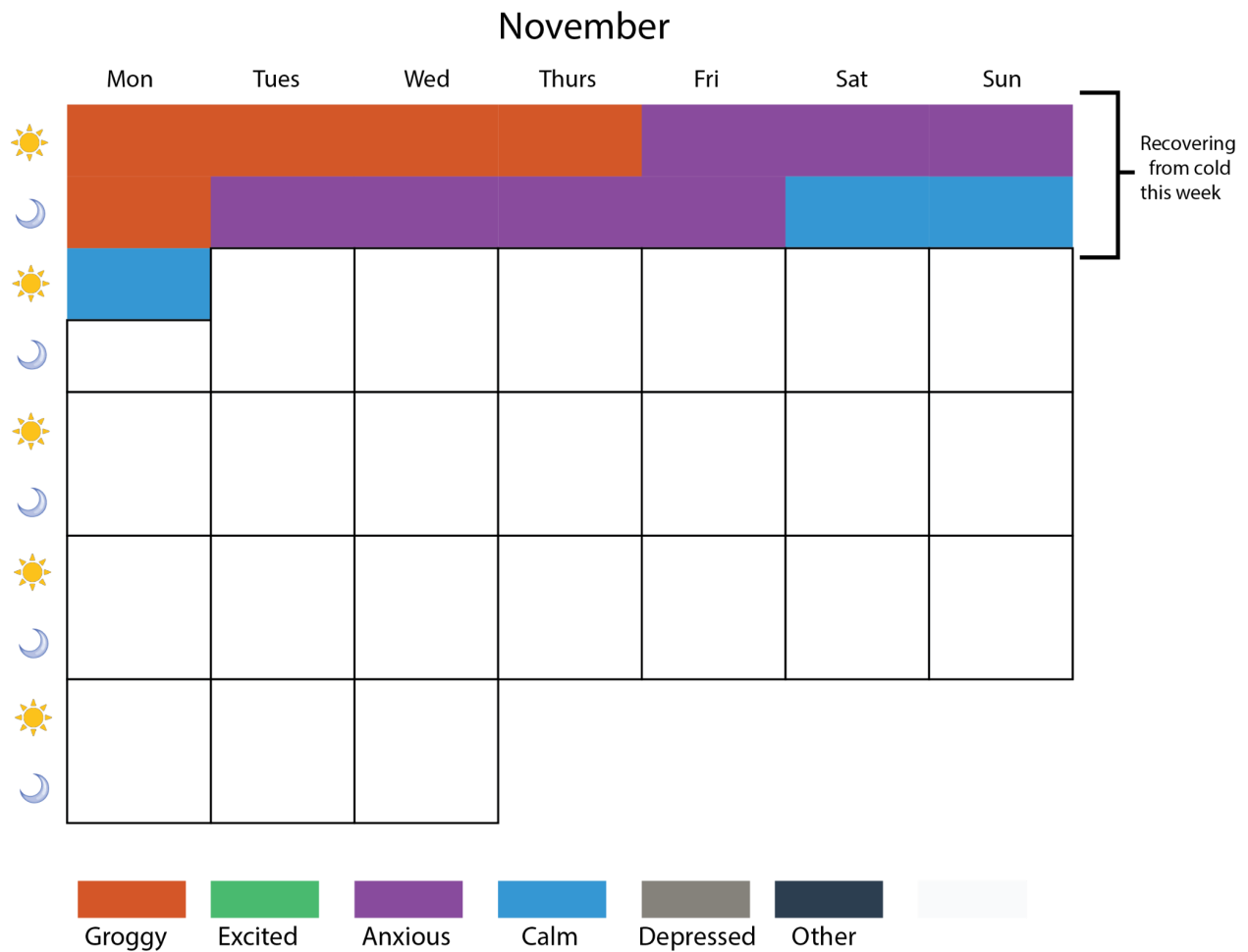- Water Consumption visualization
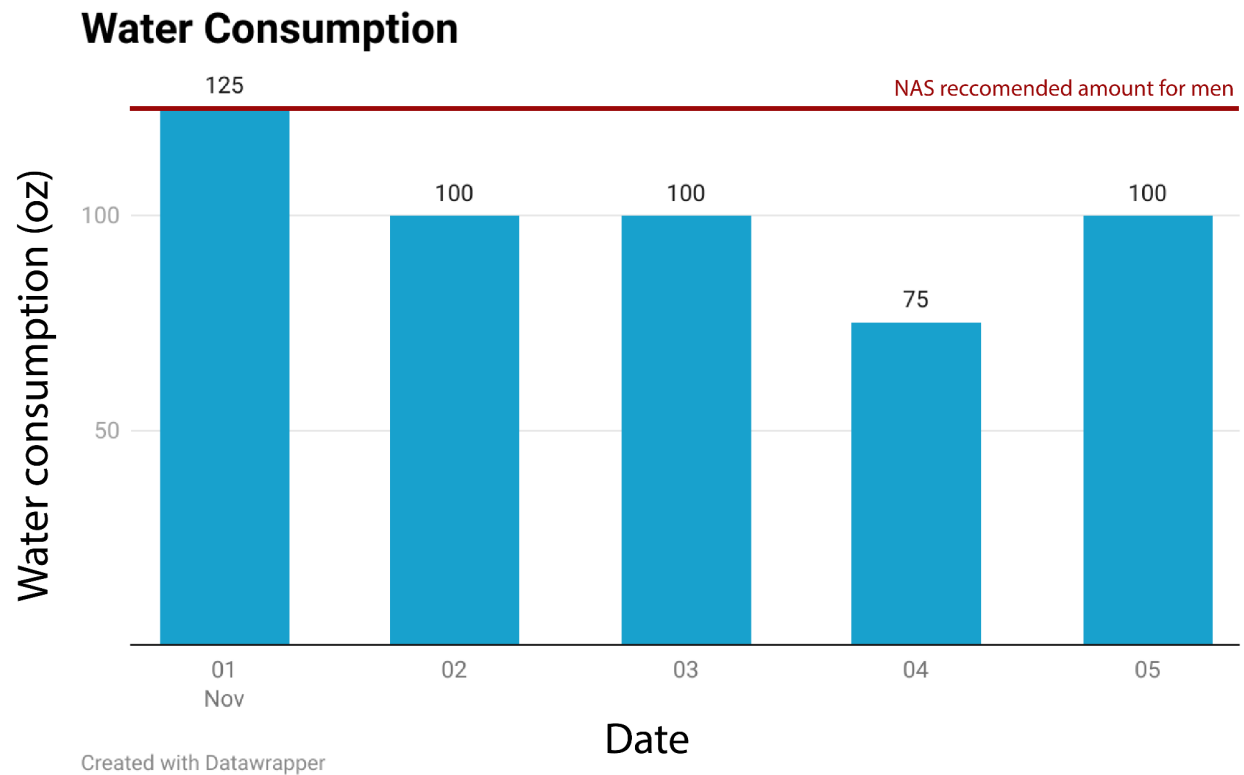
Upcoming Milestones

1. Implementing the website layout
   a. Scrollytelling function
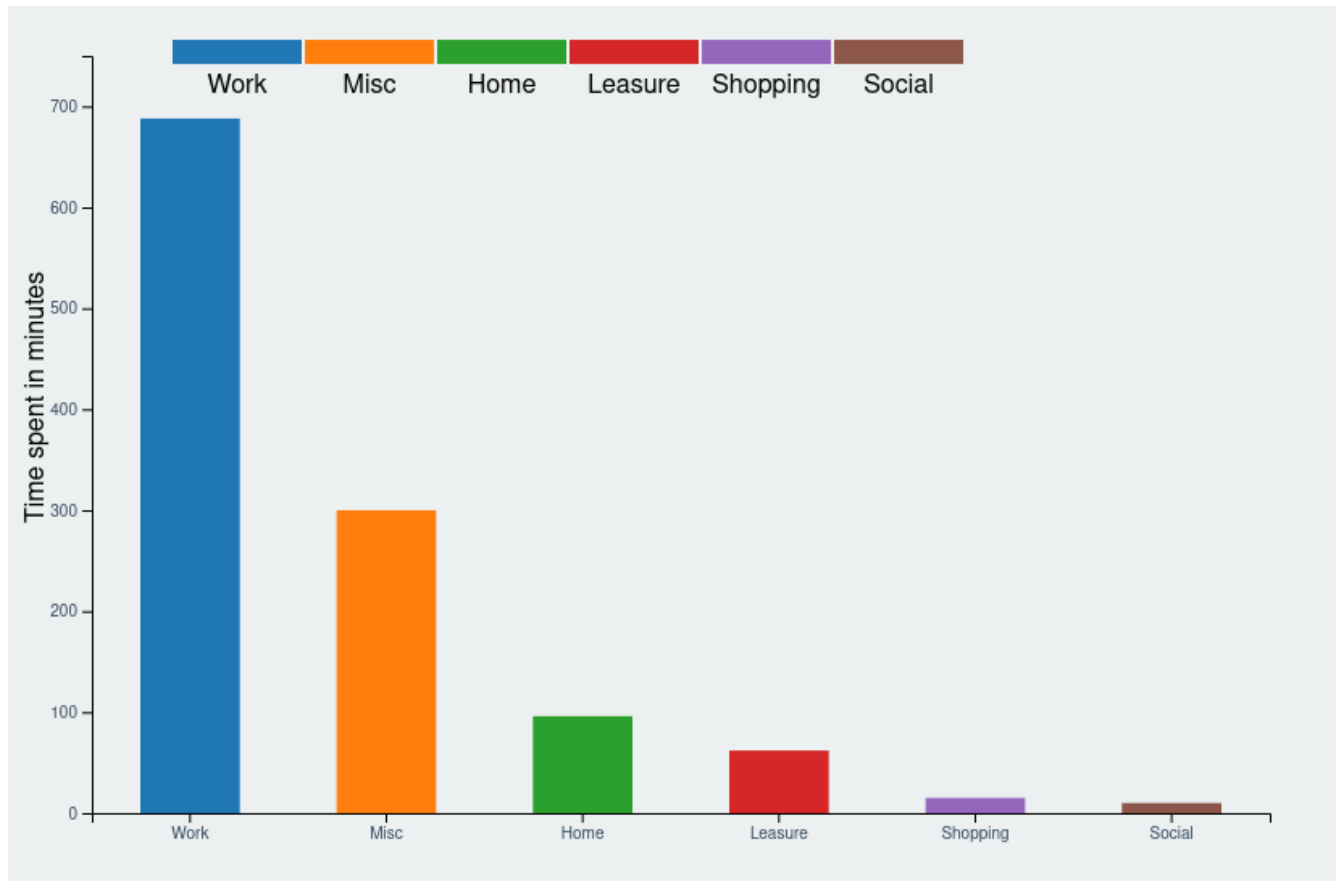2. Visual decorations
3. Annotations and reflections

Roadblocks

- Animation with scrolling
- Forgetting to record data

How I felt waking up and going to sleep

November

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
☀️	Groggy	Groggy	Groggy	Groggy	Anxious	Anxious	Anxious
🌙	Groggy	Anxious	Anxious	Anxious	Anxious	Calm	Calm
☀️	Calm						
🌙							
☀️							
🌙							
☀️							
🌙							
☀️							
🌙							

Recovering from cold this week

| Groggy | Excited | Anxious | Calm | Depressed | Other |

Water Consumption

NAS reccomended amount for men

Water consumption (oz)

125

100 — 100 — 100 — 100

75

50

| 01 Nov | 02 | 03 | 04 | 05 |

Date

NOTE: the large portion of "Misc" is why my social life looks nonexistent.