



How to track mood with iMoodJournal

Getting Started.

**Get surprising insights
into yourself with iMoodJournal!**

**Understand yourself better and
take better control of your life!**

Here's how.

1. Capture your mood.



First, capture your mood.

Rate your overall well-being on colorful 10-grade scale.

Note: you can change both colors for your scale and labels for each grade in Settings.

Though it is not recommended, you can create records in the past (for instance, if you missed a scheduled recording): when creating a mood record, enter the date and time you need.

2. Describe how you feel.



Describe how you feel using emotion hashtags (#sad, #happy, etc.). But you can track anything with hashtags – #events, #people, #places, etc.

iMoodJournal has a list of built-in tags. They are sorted by how frequently they are used (the most frequent ones at the top of the list). Additional sorting allows sorting tags in alphabetical order.

Any word can be used as a hashtag. When you create a mood record, you can type a hashtag sign # and a first letter of a word you want to use as a tag. Then, the list of built-in tags appears where you can select a right word (if it's in the list). If the word is not in the list of predefined tags, you can use it as a tag anyway - type # and add the word to it, for instance, #work. When the entry is saved, the new hashtag #work will be added to the list of tags and next time it will appear in the list of tags.

To remove a tag from the list, create a new record, then type # to get the list of all tags. Tap on the bin icon near the tag - the app will ask if you want to remove it.

3. Track anything!



Mention key events, persons or even pets to correlate them with your mood (#party, #friends).

Add a text description – you can type really long text entries in each mood record.

4. Track with special tags.



Track any items you like to see how they affect your mood, including sleep, exercise, medication, anxiety, menstrual cycles, stress, pain, energy, or any other values. You can create such tags by using colon after tag and adding amount and unit of measurement (`#sleep:8h`, `#aspirin:40mg`).

You can assign any unit of measurement for such hashtag, just by typing it after a value, or you can select it from the default list when editing a hashtag in the list – press Edit button near a hashtag and select a unit from the list.

Note: please make sure there are no spaces before and after : sign and between any parts of such tag.

5. Attach a photo.



Make a photo of yourself to match it with your mood (recommended) or choose it from Library.

6. View your records on a timeline.



View and browse your records on a timeline with mood chart.

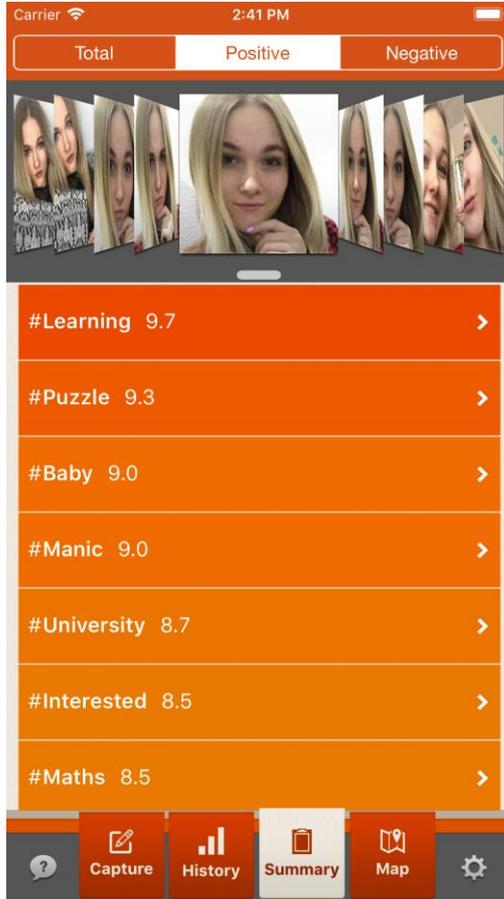
Here you can select an entry to edit any component of it or delete it. Find the mood record you want to edit, click on the edit arrow in the upper-left corner, then select Edit option - the record will be available for editing, and you will be able to edit any component of it, like its text, or add, edit or remove hashtags, etc. You can edit mood ratings - when editing a record, tap on the new mood you want to select, then save the record,

You can also apply filtering by clicking on the funnel icon and selecting time range to display your mood entries.

If you want to delete all records in the app, delete iMoodJournal from your device and reinstall it. All records will be deleted.

Note that the only way to save your data during reinstall procedure is to have backup done regularly to Dropbox, or have your data synchronized in iCloud.

7. Highlight your ups and downs using #hashtags.



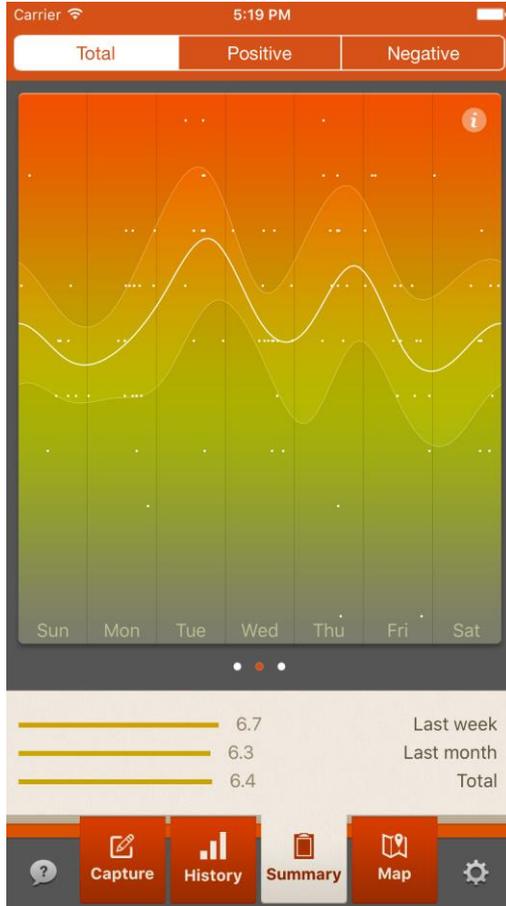
iMoodJournal will highlight what causes your ups and downs with #hashtags.

Here you can see your average mood associated with tags.

The values that are higher than 5 are positive, and the ones below 5 are considered negative. For instance, if the tag #work has the average value 5.8, it means that the average mood in the records with #work hashtag is 5.8, and the app considered the tag "positive" and place it to Positive list.

By clicking on a tag, you'll see all mood records containing that tag.

8. See your mood trends.



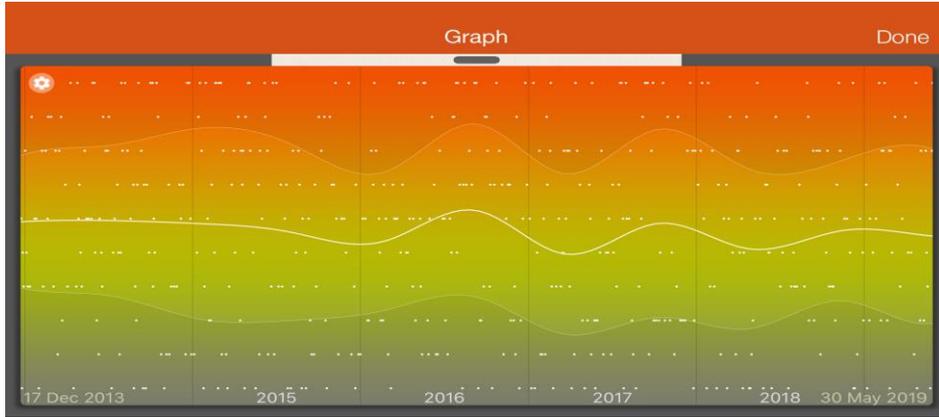
Once you collect enough data, iMoodJournal will give you insights into your overall, daily and weekly average mood trends.

The points are recorded values of your mood. The medium thick white line is the average of your mood per day, smoothed with cubic spline (smoothing can be switched off in graph settings). Thin lines above and below medium line show dispersion of your mood during the day, i.e. how wide is range of your mood values.

By clicking on chart icon in the upper-left corner you can access a landscape mode.

Note that you can enable/disable smoothing on the chart in Settings.

9. See landscape chart.



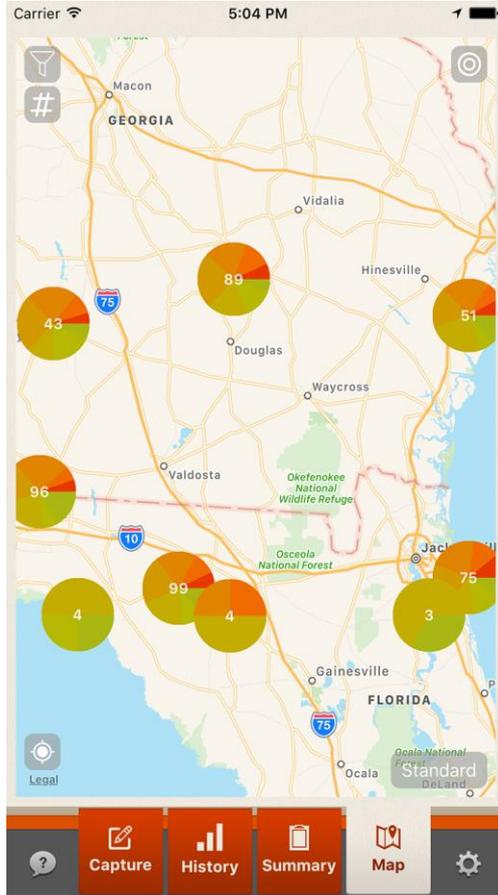
By using pinch-zoom on the bigger landscape chart, you can scale it to a period of time to be displayed. This chart also displays numeric values you track with special quantitative #hashtags to correlate them with your mood trends.

Pull down the upper menu to see the list of tracked items.

By clicking on the rectangle on the left from an item, you can enable/disable displaying the item on the graph. On the right, you can see the overall number of used hashtags and their minimum/maximum values. You can create and see as many special hashtags on the graph as you need, there is no maximum number of them. The list of the tags displays 5 tags, but the list is scrollable - it should contain all your tags, The tags in the list should be displayed in alphabetical order.

The list will contain only the tags that have some value after ":" symbol. For instance, #test:20 or #test1:20h. As for such tags as #test20, it won't be put in the list.

10. See your moods on the map.



If geolocation is enabled, the app will automatically link your moods to the places where your mood records were created.

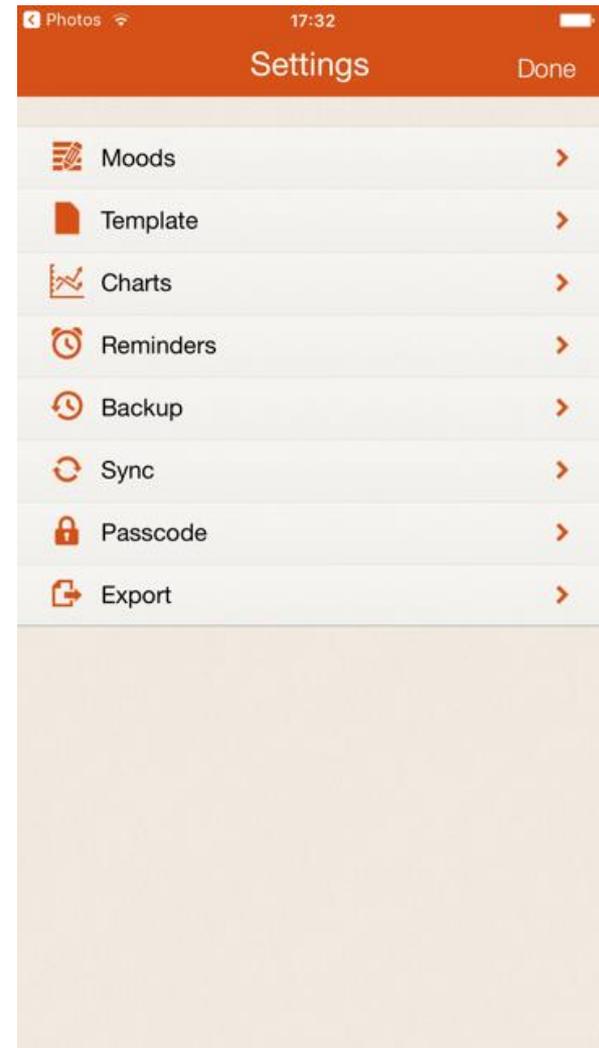
By clicking on the icon in the top-right corner, you can see either average moods, or pie-charts with all moods.

You can apply a filter of selected time period by clicking on the funnel icon in the top-left corner.

By clicking on # sign, you can view the list of all hashtags used during the selected time period.

Customize!

Protect your data with a passcode, set export to PDF or CSV, configure reminders, backup or synchronization.

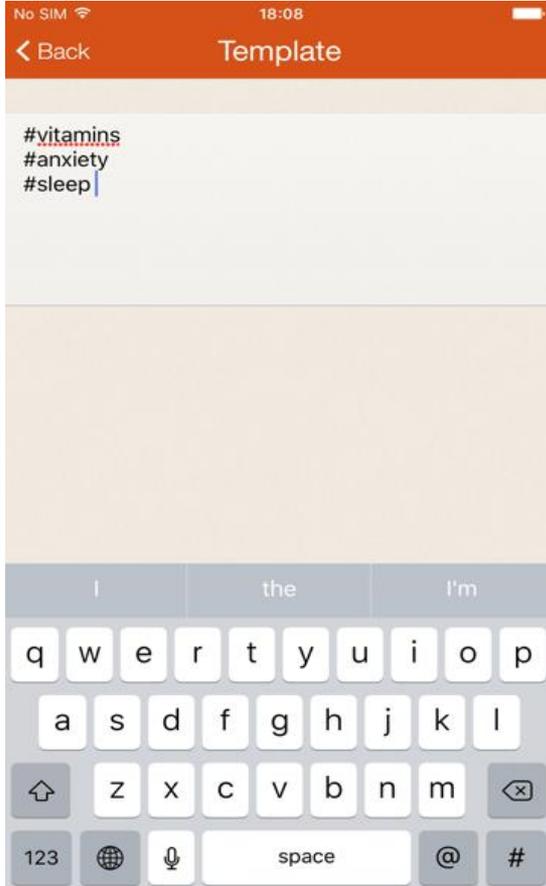


Change mood scale appearance.



On Moods screen you can change both colors for your scale and labels for each grade.

Use a template.



You can create some predefined text to use in future in your mood entries.

For instance, you may need to track the same medications every day, or perform the same everyday checks - sleep, anxiety, etc.

In Settings/Template write down the list of meds or things to track - next time you create a mood entry, the entry will appear with those meds and things you entered in the template.

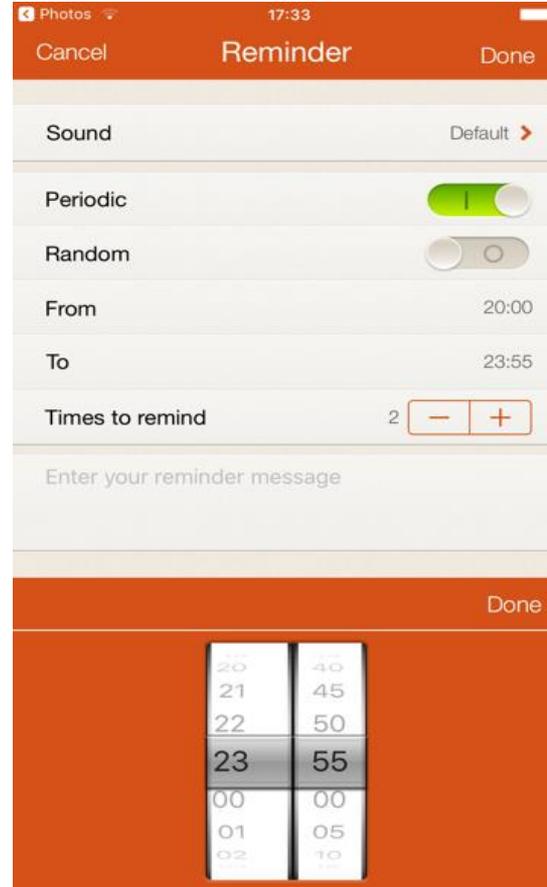
You can create a general template for all mood records, and, in addition, you can create separate templates for periodic reminders (see Settings/Reminder) - if you need to track something periodically, when a reminder goes off, a mood record you create will contain the text from the template you created for that reminder.

Disable/enable smoothing.



In Settings/Charts you can disable smoothing for Summary graph - in this way you will see your actual "ups" and "downs", which may be important for medical purposes.

Set up reminders.



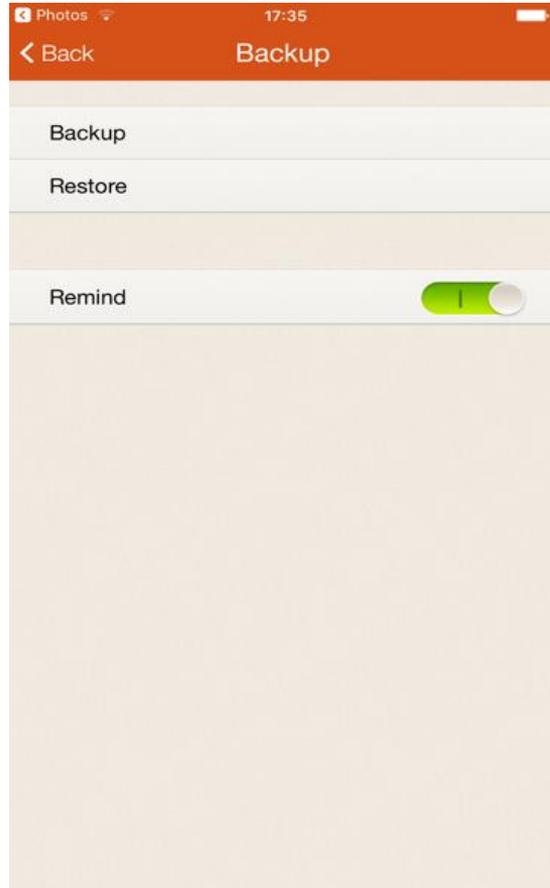
Set up reminders in settings to keep checking in with yourself!

Enjoy periodic and random reminders for sophisticated self-checks throughout a day.

Here you can also change the default message for reminder and a default sound for reminder.

Note that individual reminders messages will have priority over a general message.

Set backup to Dropbox.



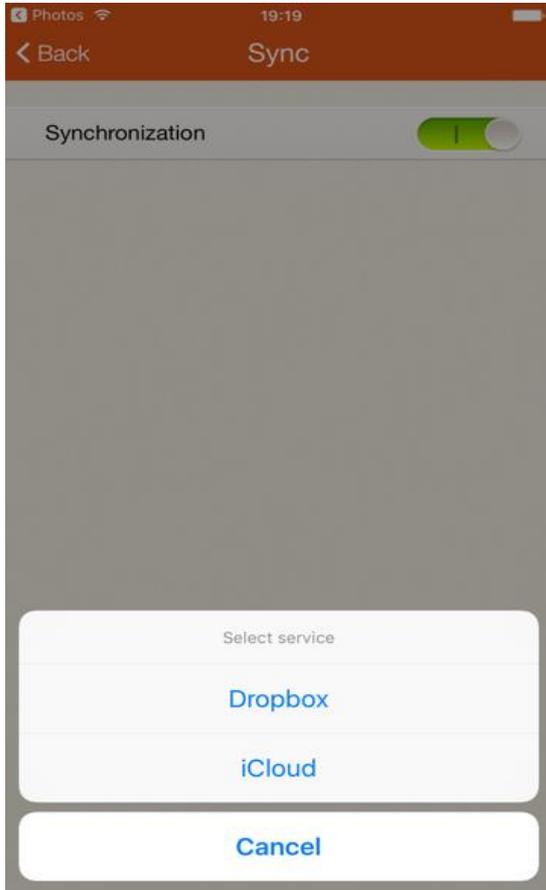
Keep your data safe with regular backups!

The app will remind you when it's time to backup your data to Dropbox.

In Dropbox, backup file is stored inside the applications folder, in the folder "iMood".

Note that you can only restore your backup data (your current data will be overwritten by backup data). With backup option, you can make different backups from different devices. You can also synchronize your data via Dropbox by restoring the same backup file to all devices.

Synchronize between all your devices.



Synchronize your mood records and photos between all your devices using Dropbox or iCloud services.

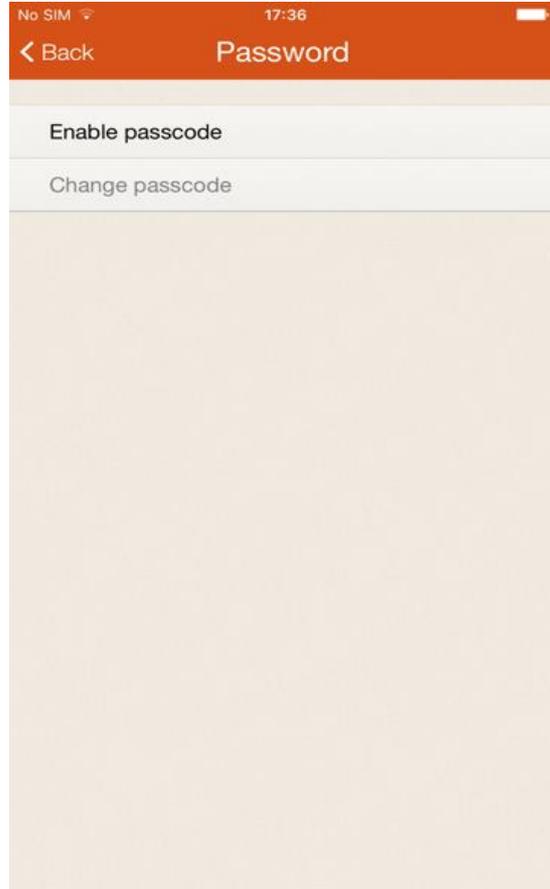
Each device will have the most recent data if connected to Internet.

If you use iCloud synchronization, your data should be merged with your current data on all linked devices.

Please note that in order to perform synchronization to iCloud, you need to activate iCloud Drive on your iOS device as well:

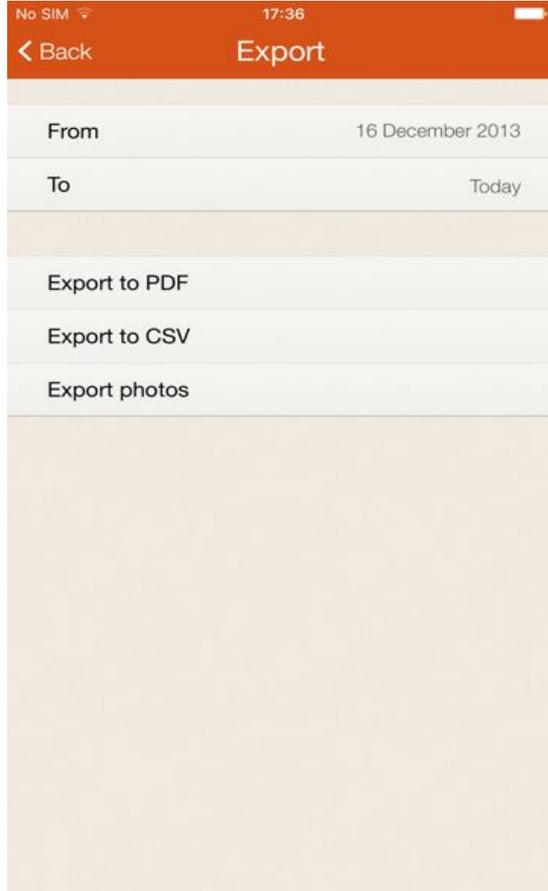
- Run Settings on your iPhone or iPad
- Click on iCloud Drive
- Click on iCloud.
- Activate the option for iCloud Drive.

Protect your data with passcode!



You can set passcode to protect your data.

Export your data.



Here you can set a time range for your data to be exported and set format of export: PDF or CSV.

You can also export your photos.

Congratulations!

Now you are ready to track your mood like a pro!



Download iMoodJournal

from AppStore

<https://itunes.apple.com/app/imoodjournal-mood-journal/id517952128?mt=8>

from GooglePlay

<https://play.google.com/store/apps/details?id=com.inexika.imood>

**Have
questions or
suggestions?**

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