



# iMoodJournal

*December 5, 2018 - December 9, 2018*



# Mood records

*December 5, 2018 09:44*

**In class. Going over WordPress for my Intro to Web App and Development class**

**5**  
So-so

*December 5, 2018 11:32*

**Leaving my class early, lesson was boring and as interesting as reading the PowerPoint presentation itself**

**4**  
Meh

*December 5, 2018 12:06*

**On my #9Bus #home hoping to spend time with the #wife if not I'll try to finish some of my #assignments**

**7**  
Good

*December 5, 2018 15:21*

**Helped my #wife clean the house by doing the dishes. Getting ready to start my Media and Channels Platform Gaming Final Task**

**8**  
Very good

*December 5, 2018 16:56*

**Finished setting up a data table to record my gaming process to measure up against my mood between games**

**6**  
Okay

*December 5, 2018 17:41*

**Good win, one teammate flamed the hell out of me but I muted him and we won anyway**

**9**  
Great



*December 5, 2018 18:05*

**Cooking salmon for the #wife going to the store for the rest of the ingredients**

**9**  
Great

*December 5, 2018 18:37*

**Finished food prepping #cooking with the #wife now about to go for a round of #hearthstone before I fry up the salmon**

**8**  
Very good

*December 5, 2018 18:49*

**#won at #hearthstone still waiting for salmon to get closer to room temperature to cook well**

**7**  
Good



# Mood records

*December 5, 2018 18:59*

**#won another game of #hearthstone completed a quest and my #wife told me excellent news about court papers. Ready to make dinner now.**

**10**  
Insanely great

*December 5, 2018 20:39*

**Really full. Set up OBS recording software in conjunction with my mood stuff. Hoping to correlate win rate with mood.**

**7**  
Good

*December 5, 2018 21:28*

**On a #winstreak feeling good, #wife is gaming as well and having fun. Feeling like my last game of #LOL for the day**

**9**  
Great

*December 5, 2018 22:04*

**Yup, last game was a shit show**

**4**  
Meh

*December 5, 2018 22:40*

**Playing #hearthstone while my #wife finishes her games**

**6**  
Okay

*December 5, 2018 22:47*

**#Won first round in arena #hearthstone**

**7**  
Good

*December 5, 2018 22:52*

**Another #won #hearthstone round**

**7**  
Good

*December 5, 2018 22:57*

**#won another #hearthstone round. Win streak**

**8**  
Very good

*December 5, 2018 23:10*

**#lost #hearthstone**

**5**  
So-so

*December 6, 2018 12:24*

**Waking up, debating continuing gaming or doing my music research project.**

**7**  
Good



# Mood records

*December 6, 2018 14:26*

**Starting my first #LOL game of the day after starting my research on indie labels with a full page of notes**

**7**  
Good

*December 6, 2018 15:10*

**Lost my first game of #LOL today, two teammates were too busy flaming to win the game**

**6**  
Okay

*December 6, 2018 15:34*

**About to make lunch and play a game of #hearthstone**

**7**  
Good

*December 6, 2018 15:42*

**#won my first arena game in #hearthstone today.**

**9**  
Great

*December 6, 2018 15:54*

**#lost another round or #hearthstone arena, eating some pizza now**

**6**  
Okay

*December 6, 2018 16:10*

**#won #hearthstone again. Also offered to help my #wife with all the laundry for her**

**7**  
Good

*December 6, 2018 16:18*

**Overwhelmed in my last arena game for #hearthstone just conceded instead**

**4**  
Meh

*December 6, 2018 16:28*

**Clearly don't like #losing in #hearthstone**

**4**  
Meh

*December 6, 2018 16:34*

**#won #hearthstone feel like I need to take a break for a while and do #assignments then #laundry**

**6**  
Okay

*December 6, 2018 18:43*

**Still have work to do but don't feel like doing any of it at the moment**

**7**  
Good



# Mood records

*December 7, 2018 17:21*

**Finished my finish class. Going to start my next round of gaming for my Media channels and platforms class**

**7**  
Good

*December 7, 2018 18:01*

**Watched a video for my wife and won two #hearthstone games in a row to complete my quest and got a legendary from a pack, useless but still worth the disenchant**

**8**  
Very good

*December 7, 2018 20:30*

**#wife is having some trouble. Just had dinner and need to continue my project gaming**

**6**  
Okay

*December 7, 2018 21:16*

**Threw a game so hard #hearthstone garbage**

**3**  
Bad

*December 7, 2018 23:24*

**Spending time with the #wife before bed**

**7**  
Good

*December 8, 2018 02:03*

**Shudderwock is garbage. #hearthstone loss**

**4**  
Meh

*December 8, 2018 13:08*

**Playing my first game of #lol after spending time with the #wife**

**7**  
Good

*December 8, 2018 13:31*

**Lost the game but it's so fast pace it doesn't matter**

**7**  
Good

*December 8, 2018 13:53*

**#won the second #LOL game. Going to have lunch now**

**7**  
Good

*December 8, 2018 14:38*

**Don't want to do my #assignments for the other classes and don't feel like playing games. What a dilemma**

**5**  
So-so



# Mood records

*December 8, 2018 14:55*

**Had lunch playing another game now**

**7**  
Good

*December 8, 2018 15:20*

**Easy win, nothing too special though**

**7**  
Good

*December 8, 2018 16:09*

**Just not in the mood to do much today. Must press on and not get lost in YouTube videos**

**5**  
So-so

*December 8, 2018 17:18*

**Felt useless trying to play someone I'm bad at in #LOL**

**5**  
So-so

*December 8, 2018 17:51*

**Playing #hearthstone feeling tired from all of the gaming today..**

**7**  
Good

*December 8, 2018 18:02*

**Keeping the gaming going, seeing how things go when I get tired. Played a game of #hearthstone and #won easily**

**7**  
Good

*December 8, 2018 18:25*

**Had a really intense #hearthstone match, can literally feel adrenaline in my bloodstream, weird**

**9**  
Great

*December 8, 2018 18:43*

**Just stomped a spell hunter with my treant druid deck in #hearthstone ez #won**

**8**  
Very good

*December 8, 2018 19:03*

**Another stomp in an easy #hearthstone #won round**

**7**  
Good

*December 8, 2018 19:30*

**Took a break from playing games to shower and prepping dinner now**

**7**  
Good



# Mood records

*December 8, 2018 21:10*

**#wife is struggling and don't feel like I can do much to help. Just giving her space and continuing to log games**

**6**  
Okay

*December 8, 2018 21:34*

**Terrible at amumu but fun time**

**7**  
Good

*December 8, 2018 21:53*

**Keep losing and feeling tired**

**6**  
Okay

*December 8, 2018 22:48*

**Another loss, think I'm done for the night**

**6**  
Okay

*December 9, 2018 10:25*

**Just waking up. Going to make some coffee and jump right into the gaming**

**7**  
Good

*December 9, 2018 12:32*

**Played one game and #won but had an annoying teammate and took a good hour long break after that**

**7**  
Good

*December 9, 2018 13:07*

**Ez first #won game of #hearthstone**

**8**  
Very good

*December 9, 2018 14:52*

**First ranked game #won in a while in #LOL now getting ready for a Finnish church service**

**8**  
Very good

*December 9, 2018 20:14*

**Got demoted in ranked even though I had a positive lp, oh well**

**4**  
Meh

*December 9, 2018 20:38*

**#lost another #hearthstone game not digging this project**

**4**  
Meh

*December 9, 2018 20:47*

**#won but tired of playing**

**5**  
So-so



# Mood records

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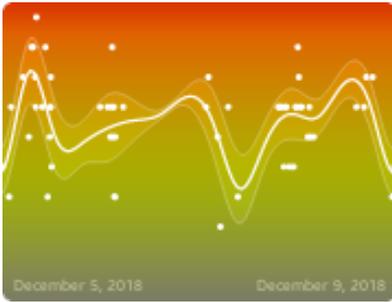
*December 9, 2018 21:27*

**#lost #hearthstone done for the day**

**6**  
Okay

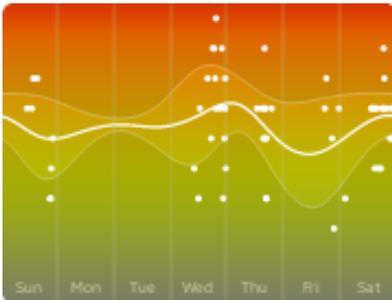


# Summary



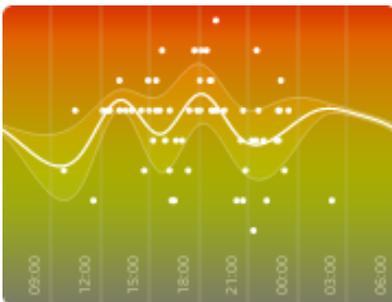
## Mood Trend

This chart shows how your mood changes on average. Rather than pointing out occasional ups and downs, this chart will indicate, for example, that you started feeling generally better several days ago compared to how you were last month.



## Weekly Cycle

This chart shows how you tend to feel each day of your usual week. Should the lightened area around the chart be narrow - you tend to feel that particular way this day, should it be wide - there's no association of your mood and this day of the week.



## Daily Cycle

This chart shows how you tend to feel during your usual day. Should the lightened area around the chart be narrow - you tend to feel that particular way at the time of the day, should it be wide - there's no association of your mood and this time of the day.

## Top positive

#winstreak	9.0
#wife	7.5
#won	7.2
#lol	6.9
#hearthstone	6.5

## Top negative

#losing	4.0
#ranked	5.0