

iMoodJournal for iOS - Top-Rated Mood Tracking App Supports Apple Watch

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Inexika today announces iMoodJournal 3.0 for iOS, an update to its top-rated app that helps users record, track, and analyze their moods over days, weeks, and months. Featuring a simple #hashtag system for recording specific emotions, medications, and sleep patterns, the app's Summary function graphically displays data from many entries over time revealing emotional cycles, trends, and triggers. iMoodJournal was rated in the Top 10 of such apps for iOS and Android by the Healthline.

Novosibirsk, Russian Federation - Inexika Inc. today is pleased to announce the release of iMoodJournal 3.0 for iOS, an update to its top-rated app that helps users record, track, and analyze their moods over days, weeks, and months. Featuring a simple #hashtag system for recording specific emotions, medications, and sleep patterns, the app's Summary function graphically displays data from many entries over time revealing emotional cycles, trends, and triggers. iMoodJournal was rated in the Top 10 of all such apps for iOS and Android by the Healthline website.

Healthline praised iMoodJournal in their online review, "This visually stunning app with cheery graphics takes the mood diary one step further. Sure, you can create notes and recognize time-based feeling patterns on summary charts. But it one-ups some of the competing apps by offering reminders to record your dispositions at designated times and an interactive, animated mood chart. You can also hashtag your emotions, medication, and sleep, so that you can spot triggers and discover how your moods change over a longer period of time."

Feature Highlights:

- * Keep notes of overall well-being with the app's colorful scale and record thoughts and experiences
- * Automatic reminder (scheduled or random) with custom text when it's time for the user to check in and record an entry
- * Browse the history of records using the engaging animated mood chart
- * Establish associations of moods and experiences by adding #hashtags to records
- * Mark emotions with hashtags like #angry, #cheerful, or #surprised; iMoodJournal will illustrate how feelings affect well-being over time
- * Track medication and sleep using tags like #aspirin and #sleep:8h
- * Spot triggers related to mood changes on Top Hashtags charts and filter mood records by #hashtags
- * Take self-portrait photos and realize how mood affects appearance
- * Recognize time-based patterns in mood on the colorful summary charts
- * Share moods with friends on Twitter
- * Create mood entries on Apple Watch and synchronize such records with the app on other iOS devices

Whether they may have an affective disorder, such as depression, or not, most people have little real understanding of their moods and how they experience them over time. For many years, mental health professionals have recommended that clients/patients keep a mood journal, which has been shown to have two major benefits. First, by making entries several times each day, users develop a conscious awareness of their changing moods. The very act of noticing moods leads to greater acceptance and understanding of the ebb and flow of emotions in their lives. Second, analysis of the data in their journal may lead to the discovery of how their moods are influenced by specific thoughts, actions, medications, sleep habits, etc.

iMoodJournal makes keeping a mood journal easy. Users may conveniently make a journal

entry whenever they wish during the day, rating their emotional well-being on a scale from 1 - 10. They can also use hashtags like #angry, #cheerful, or #surprised to record their feelings, and these entries can subsequently be displayed on Top Hashtags charts or filtered to show any emotion over time. The app creates an animated Mood chart as well as Summary charts.

The current update, iMoodJournal 3.0, offers several new features, including: Apple Watch support; disable smoothing for Summary graph (to see actual "ups" and "downs" for medical purposes); different types of reminders with custom text to track different meds or activities; the ability to filter History in the selected time interval and the possibility to create mood entries template, where some kind of predefined text can be entered.

"Our mobile development team came up with an idea to create a simple app to track mood evaluations and associate the records with personal experiences in order to discover patterns, mood triggers, and observe mood changes in perspective," commented Sergey Temnikov of Inexika, Inc. "This beautiful app is the ultimate mood diary. It will help you discover the causes of your ups and downs, and get surprising insights into yourself!"

Language Support:

* English, French and Russian

Device Requirements:

* iPhone 4S/5/6/6 /6s/6s , iPod touch (5th generation), and Apple Watch

* Requires iOS 7.0 or later

* 10.7 MB

Pricing and Availability:

iMoodJournal 3.0 for iOS is \$1.99 (USD) and available worldwide through the App Store in the Lifestyle category. The app is also available for Android. Review copies are available on request.

Inexika:

<http://www.inexika.com/>

iMoodJournal 3.0:

<http://www.inexika.com/imood>

Purchase and Download:

<https://itunes.apple.com/app/imoodjournal-mood-journal/id517952128>

Screenshot 1:

http://www.inexika.com/sites/default/files/styles/slrg/public/imood_i_e02.png

Screenshot 2:

http://www.inexika.com/sites/default/files/styles/slrg/public/imood_i_e07.png

App Icon:

<http://www.inexika.com/sites/default/files/icon120.png>

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applications development with Microsoft and IBM Lotus technologies, the company has recently extended its professional domain to mobile applications development. We at Inexika are passionate about building great apps. Creating unique and exciting apps, standing out from tons of dull ruck, is what we love. Our experts design apps of any scale - from tiny entertainment apps to enterprise-level business products. By full involvement in the project, we make apps rich in functions: social, cloud, geolocation - whatever modern features requested. We have expertise in building apps for Android, iPhone, iPad and Windows Phone, including integration with Web systems and server-side backends. Copyright (C) 2016 Inexika, Inc. All Rights Reserved. Apple, the Apple logo, iPhone, and iPod are registered trademarks of Apple Inc. in the U.S. and/or other countries. Other trademarks and registered trademarks may be the property of their respective owners.

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