

## App Development 2

### Sample Data Examples

**Habit:** Drink 8 cups of water each day.

**My Plan:** Drink water and see how that affects my mood.

**My Goal:** Drink 8 cups of water each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Daily Log</b> Each mark = 1 cup of water							
<b>MOOD</b>	5	6	2	9	5	9	8

1 = bad

5 = average

10 = great

**Habit:** Spend less time on social media.

**My Plan:** Cut down time on social media and see how that affects my mood.

**My Goal:** Spend less than 1 hour per day on social media..

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Daily Log</b> Each mark = 10 minutes on social media							
<b>MOOD</b>	5	3	7	4	9	6	6

1 = bad

5 = average

10 = great