

Summary

Self-tracked check-ins across 3 ratings, 0 amounts and 1 tag trackers over a 26-day window. Notes are not included.

26

days in range

16

days logged

16

total check-ins

1.0

avg per logged day

AT A GLANCE

All the trackers at a glance sorted by type (ratings, amounts, amount tags, tags). Arrows indicate change of second half of the full period compared to first half.

Ratings



Energy

↑ 0.4

6.2 /10



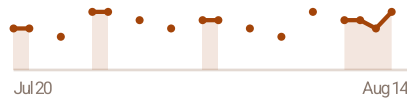
16 entries · in 16 days · range 4–8



Mood

↑ 0.1

6.7 /10



16 entries · in 16 days · range 5–8



Sleep quality

↑ 0.1

6.8 /10



16 entries · in 16 days · range 5–8

Tags



Context

6 tags



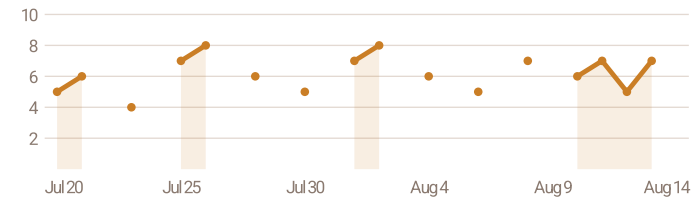
16 entries · in 16 days

TRENDS OVER TIME

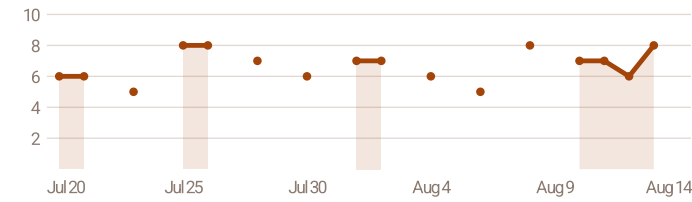
How each tracker moved across the range — ratings as daily-average lines, amounts and amount tags as per-day-average bars (one bar per day).

Ratings

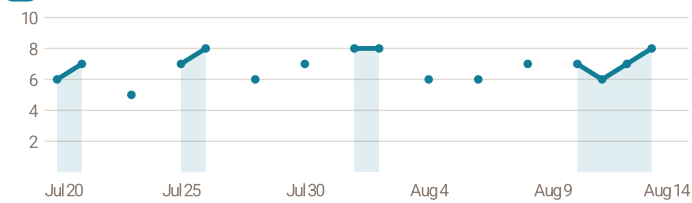
Energy



Mood



Sleep quality



How to read: each point is one day's average rating (1–10). Gaps are days with no log.

MOST USED TAGS

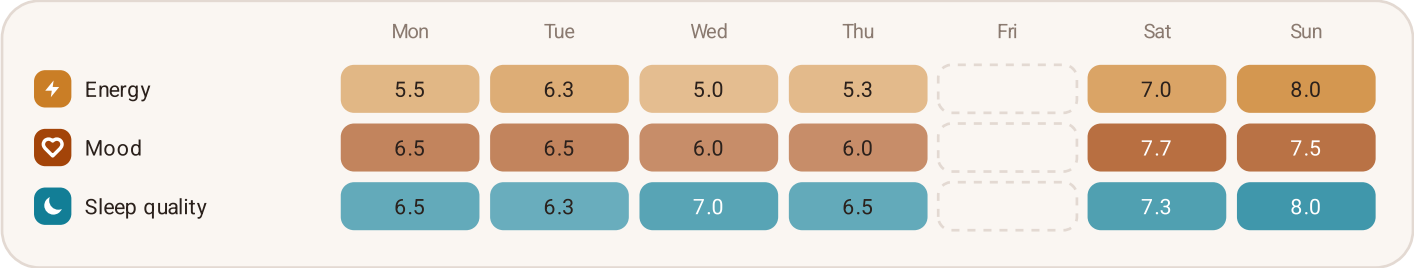
Every tag you logged in the range, ordered by how often it appeared, grouped by tracker.



How to read: bar length = how often the tag was logged; the number is the raw count. A long list continues onto the next page with its tracker header repeated.

PATTERNS BY WEEKDAY

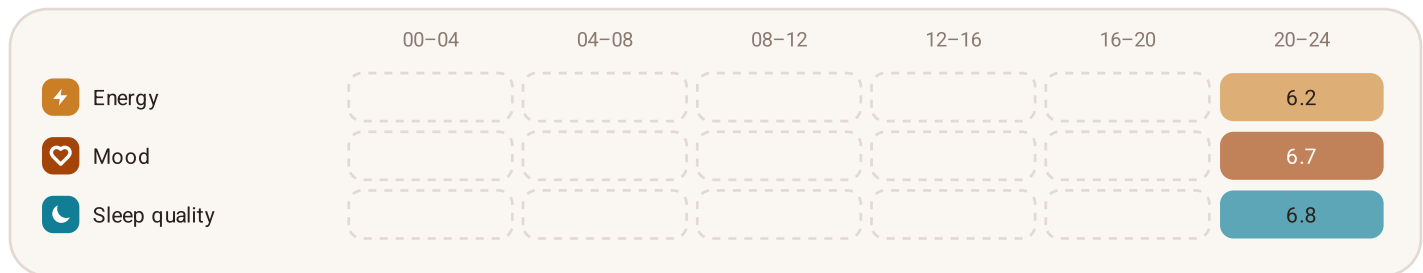
The average for each rating and amount, broken down by day of the week.



How to read: darker = higher. Ratings shade on the fixed 1–10 ramp; each amount shades on its own 0→peak ramp. The number is the literal average. Empty rows are not shown.

PATTERNS BY TIME OF DAY

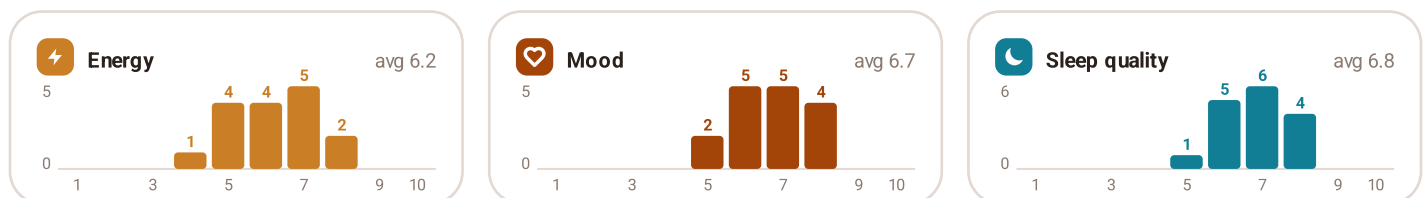
The same averages, split into six four-hour blocks of the day.



How to read: shaded exactly like the weekday grid — darker is higher, amounts on their own scale. Empty rows are not shown.

SCORE DISTRIBUTION

How your ratings were spread across the 1–10 scale (ratings only — amounts have no 1–10 scale).



How to read: the x-axis is the 1–10 score; a taller bar means that score was logged more often.

TAG × RATING & AMOUNT RELATIONSHIPS

For each tag, the typical level of every rating and amount on the entries that carried it.

C Context

● Per entry — average across individual entries carrying the tag · n = matching entries

			
Work	5.5 n=10	6.1 n=10	6.3 n=10
Outdoors	7.4 n=5	7.8 n=5	7.6 n=5
Exercise	6.7 n=3	7.0 n=3	6.7 n=3
Social	7.0 n=3	7.7 n=3	7.7 n=3
Rest	8.0 n=2	7.5 n=2	8.0 n=2
Creative	5.0 n=1	6.0 n=1	7.0 n=1

● Per period — average across qualifying buckets · m = qualifying periods · n = matching entries

			
Work	5.5 m=10 · n=10	6.1 m=10 · n=10	6.3 m=10 · n=10
Outdoors	7.4 m=5 · n=5	7.8 m=5 · n=5	7.6 m=5 · n=5
Exercise	6.7 m=3 · n=3	7.0 m=3 · n=3	6.7 m=3 · n=3
Social	7.0 m=3 · n=3	7.7 m=3 · n=3	7.7 m=3 · n=3
Rest	8.0 m=2 · n=2	7.5 m=2 · n=2	8.0 m=2 · n=2
Creative	5.0 m=1 · n=1	6.0 m=1 · n=1	7.0 m=1 · n=1

How to read: each tag shows the typical level of a rating or amount when that tag is present, two ways. Per entry averages over individual entries (a heavy-logging day counts many times); per period averages over days, so the two can disagree. n = the entries behind a cell, m = the days behind it. Ratings shade on the 1–10 ramp, amounts on the column's own 0 → peak ramp; dashed = no overlapping data. Empty rows and columns are not shown.

RATING & AMOUNT CORRELATIONS

How strongly each rating/amount pair moved together — per entry, per day, and per coarser span your range covers. Strongest first.

Per entry — how strongly the pair moved together within single entries logging both · n = matching entries

#	Pair		r	n
1	 Energy ↔  Mood		+0.84	16
2	 Energy ↔  Sleep quality		+0.73	16
3	 Mood ↔  Sleep quality		+0.65	16

Per day — how strongly the pair moved together across days · m = days both were logged

#	Pair		r	m
1	 Energy ↔  Mood		+0.84	16
2	 Energy ↔  Sleep quality		+0.73	16
3	 Mood ↔  Sleep quality		+0.65	16

How to read: r near +1 = the two rise and fall together; near -1 = opposite; near 0 = unrelated. Per entry pairs single entries logging both (n); the period tables pair the daily/weekly/monthly/yearly series (m = periods both were logged). Each table ranks on its own, so a pair can rank differently. Empty pairs are not shown.