

Moodistory – Your Personal Mood Tracker

Moodistory is a mood tracking app helping people to improve and foster their mental health, happiness, and well-being. Users create diary-like entries that are subsequently used to perform fact-checking (“How did I really feel in the past?”), to find out what happened on a good or bad day and to discover behavioral patterns. The app empowers users to take decisive actions for a healthier lifestyle, being a tool that accurately pictures the past and makes the discovery of triggers for a positive and negative mood easy.

Moodistory creates the foundation for a more robust, strong and resting mind.

Moodistory is created by Matoph Labs e.U. and available on iOS only.

<https://moodistory.com>

The question

The question “How are you?” is at the very heart of Moodistory. The answer to this question is not just the basis to improve your mental well-being but also helps you cope with difficult situations such as hassle, stress and anxiety. But most importantly the answer needs to be tracked regularly and saved in a journal because if you don’t measure it, you can’t improve it. The University of Rochester Medical Center New York endorses the positive effects (e.g. understanding inner problems, fears and concerns) of keeping a so-called mood journal. It helps you resolve problems and improve your mental health.

Moodistory aims to make these positive effects as accessible as possible by making mood tracking easy, rewarding, motivating and fun.

How it works

Moodistory lets people deep dive into the simple, but yet diverse question, “How are you?”. But before users can start diving, they need to fill the sea with water – collecting answers to that question over a period of time. Answers consist of the mood rating and an optional list of events/activities and notes/thoughts.

Since Moodistory is designed as a low effort mood tracking app, people can answer the question “How are you?” within seconds, without writing a single word, making the creation of answers as easy and as quick as possible.

Users are advised to collect answers at least every day to get a clear picture. Thus, Moodistory has a reminder component that can easily be set up to fit the user’s daily routine.

With enough answers at hand, users can dive into the details and perform fact checks, pattern analysis and habit identification supporting the user’s self-improvement and increase problem-solving skills.

About Matoph Labs e.U.

Matoph Labs e.U. is a Vienna-based digital services company founded in 2018 by Christoph Matzka, on a mission to support and improve people’s mental health.

Moodistory was developed over a span of 2 years in a multinational team.

Full feature list

- Quick and easy mood tracking without writing a single word
- Add details by choosing from more than 130 events/activities in 9 categories
- Add thoughts/notes to your mood like in a diary
- Find out what influences your mood positively and negatively
- Discover behavioral patterns
- Yearly, monthly and daily calendar views
- Drill down capability
- Fully customizable events/activities list
- Never forget to track your mood: setup reminders that fit your daily routine
- Setup Face ID/Touch ID/Passcode to keep your data safe from others
- Full privacy: all of your mood data is stored ONLY on your iPhone
- No registration needed – jump right into the app without any cumbersome signup procedure
- Unique beautifully crafted and customizable design

Contact

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