 What is Gratitude & Happiness

Gratitude & Happiness is a happiness-focused slice of our bestselling Track & Share app.

Gratitude & Happiness comes with one screen, already set up with 4 items:
Happiness, Express Gratitude, In Touch with Friends, and Acts of Kindness.

Users of Gratitude & Happiness keep track of a path on which practicing three core values can lead to increase of happiness. The app's easy to understand graphs show if the practice is effective.

We decided to keep Gratitude & Happiness simple. Items are pre-configured. We took off any buttons and screens that would be a distraction from the Gratitude & Happiness mission.

If you decide that Gratitude & Happiness works for you and would like to go further, or simple want to track other domains of your life, then please consider using our Track & Share app. Track & Share also comes in a lite version for evaluation. Track & Share features 10 screens, has "Add" and "Edit" buttons, and a wide variety of item types. For extensive information about Track & Share please download the Track & Share user guide from the Click Pod Productions website.

How to use Gratitude & Happiness

Different areas of your life are related to each other and Gratitude & Happiness understands that. Do you want to find out if you can increase your happiness? Practice expressing gratitude, staying in touch with friends, and doing acts of kindness. These simple steps have worked for millions. If you are doubtful, just give it a try. The beauty in the simplicity of Gratitude & Happiness is that its graphs let you see if the program works for you - and will keep you motivated once you spot a trend to a happier life.
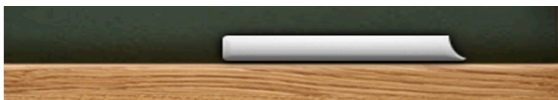
Track Screen

Make an entry

Tap the item on the Track screen. Choose the value. Save. Done! You can also enter a note or change the date and time for your entry before saving. The Happiness item tracks unlimited entries and notes per day. The Gratitude, Friends, and Kindness items keep the latest status for each day. The goal is to get each task done each day. For storing several notes per day and to revisit and relive those, use the Happiness item. To edit an entry already made, go to the Graph screen.
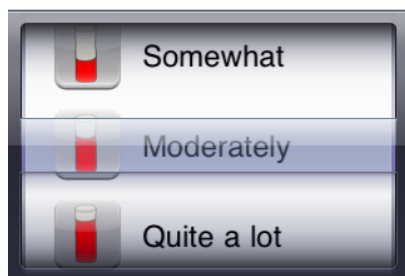
Happiness entry   **Gratitude entry**

Graph Screen

Select time frame

Select the time view. Tap on h, d, w, m for hourly, daily, weekly, monthly views. Portrait mode shows 6 hours, 6 days, 6 weeks, or 6 months. Landscape mode shows 12 of each. The most recent hour, day, week, or month is on the right end of each graph.

Item description

Each item on the Graph screen states the item name, the range of values shown in the graph starting with the lowest value followed by the highest value. The Happiness goal is shown as a dashed red line. The Gratitude, Friends, and Kindness items are shown as check boxes in the daily view, and as goal completion bars in the weekly and monthly views.

Select graph type (tap middle section of chart)

By tapping on the middle section of the graph of an item cycle through different graph types: For Happiness item: Bar chart, Line chart, Icons.

In the daily view Gratitude, Friends, and Kindness items are displayed as check boxes.

Complete Graph Screen Daily View

Other Views of the Happiness Item

> Cycle through views by tapping middle of graph <
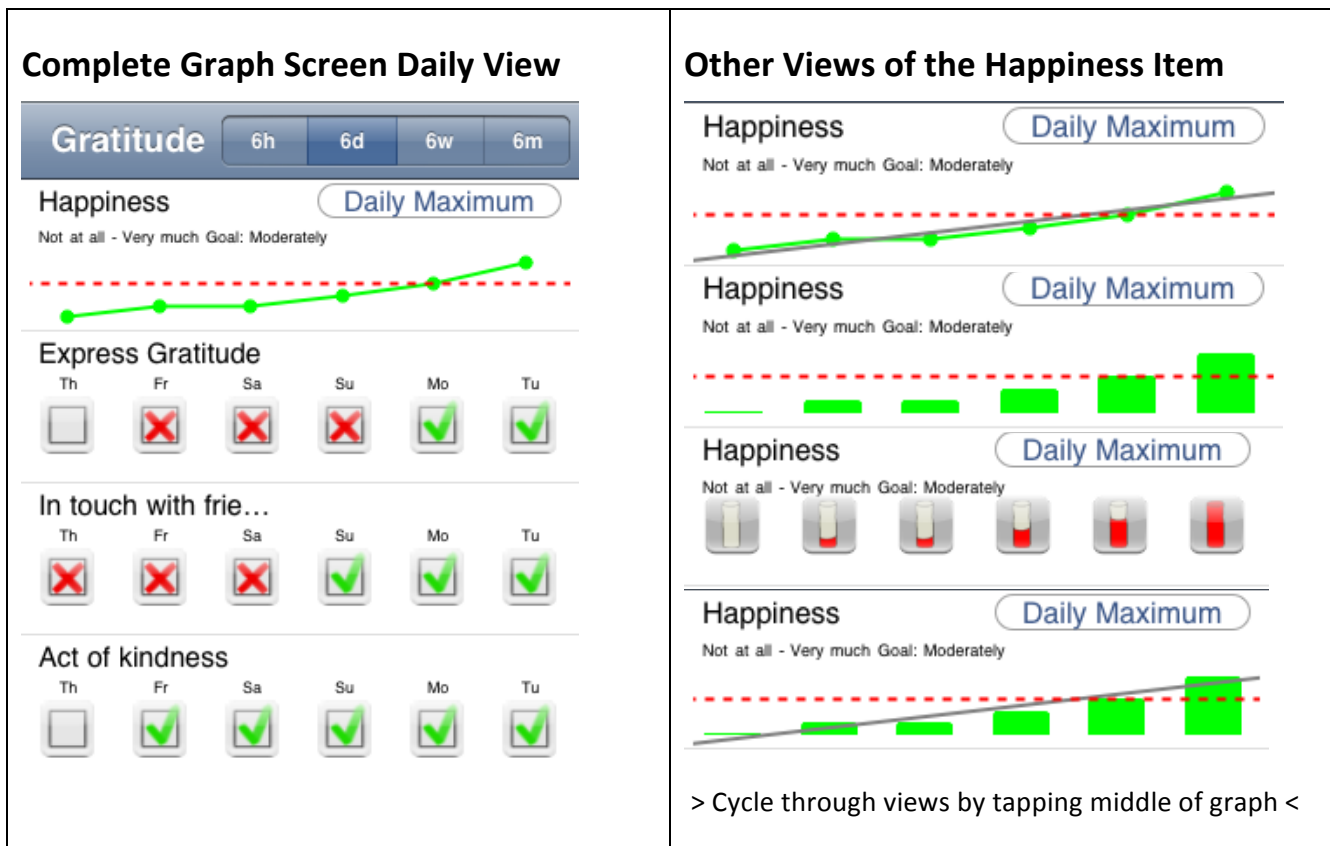
Select statistics (tap right section of chart)

Tap on the right section of the graph to cycle through different statistical analyses of the item: Average, Minimum, Maximum, Total, Last. Example: in the weekly view, the Maximum analysis will show the maximum value entered for each week. The Average view will show the average value for each week.

Different views of Yes / No items

In the weekly and monthly view the Gratitude, Friends, and Kindness items can be displayed as

- Yes % of Goal
- No % of Goal
- Counts of Yes
- Counts of No

Example

You practice Gratitude each day during an entire week, then the weekly view cycles through:

- 100% Yes
- 0% No
- 7 Yes
- 0 No

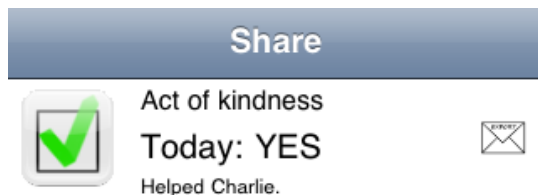## *List View of all entries for item (tap left section of chart)*

Tap the left section of an item's chart to get to a complete list of all entries made for the item in chronological order. Use the calendar function to jump to an entry. Tap on an entry to change the value entered. Swipe an entry left to right to delete it.

Share Screen

Tap Export Mail

All items are listed in alphabetical order. Tap on an item's letter icon to email a spreadsheet of all entries for that item. Gratitude & Happiness uses your default email account to send export files. For Visual Scales the export file lists the text descriptions next to numeric values.

Example of Export Email

Example of Export File

Happiness					
Date	Time	Value	Description	Unit	Note
8/9/10	2:06 PM	4.0	Quite a lot		Finished puzzle!
8/8/10	2:00 PM	5.0	Very much		
8/7/10	11:04 PM	3.0	Moderately		
8/7/10	2:00 PM	1.0	Just a little		
8/6/10	10:58 PM	4.0	Quite a lot		
8/6/10	6:00 PM	0.0	Not at all		
8/6/10	3:18 PM	5.0	Very much		
8/5/10	7:00 PM	2.0	Somewhat		

More Screen

Screen passcode

Set a 4 digit code to protect your entries in Gratitude & Happiness.

About

Find here the version of Gratitude & Happiness you are using. Features a link to Gratitude & Happiness website with more info and a link to this and other guides. Email link to contact Gratitude & Happiness support.

Push notification

Check this to turn the badge counter on. A number in red circle will appear on the Gratitude & Happiness app icon to remind you to enter data each day. This applies for all the items that you want to be reminded of. The badge counter will count backwards to zero until you have made all entries for the day. To be reminded of an item, adjust the set up of the item.

Clearing hour

Some folks make entries after midnight before they go to sleep. To see after midnight which items still need to be entered or are already entered, set the clearing to a time like 1:00 or 2:00. Default setting is 0:00 (midnight).

Where to get more information

Facebook   http://tinyurl.com/TrackShareFan

Homepage   http://www.clickpodproductions.com

Twitter   TrackAndShare

Acknowledgements: Click Pod Productions holds the rights to all artwork that comes with the app Gratitude & Happiness, except for the four taskbar images (thanks to Glyphish, used under Creative Commons Attribution license).