

1:00PM								
1:30PM								
2:00PM								
2:30PM								
3:00PM								
3:30PM								
4:00PM								
4:30PM								
5:00PM								
5:30PM								
6:00PM								
6:30PM								
7:00PM								
7:30PM UNTIL SLEEP								

KEY-

VERY HAPPY

SAD AND UNCERTAIN

ANGRY

MOTIVATED

ANXIOUS AND NERVOUS

RELAXED AND AT PEACE

TIRED / EXHAUSTED

SICK AND TIRED

Lisa Folie

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