	Sleep (how long, quality)		Mood (1-5)	Description	Trigger	Energy level	Food
Monday		Morning					
		Afternoon					
		Evening					
Tuesday		Morning					
		Afternoon					
		Evening					
Wednesday		Morning					
		Afternoon					
		Evening					
Thursday		Morning					
		Afternoon					
		Evening					
Friday		Morning					
		Afternoon					
		Evening					
Saturday		Morning					
		Afternoon					

		Evening					
Sunday		Morning					
		Afternoon					
		Evening					