

Energy Level

A horizontal light blue bar with four vertical black lines. To the left is a battery icon, and to the right is a battery icon.

Stress Level

A horizontal light blue bar with four vertical black lines. To the left is a rose icon, and to the right is a rose icon.

Notes:

Rate your day:

/10

To-do:

-
-

-
-

Rate your week:

/10

-
-

-
-

Rate your life:

/10

-
-

I'm Feeling...

Happy	Annoyed	Calm
Angry	Excited	Sad

Weather

Follow for part 2!

