MONTH

DAY

YEAR

M T W T F

ENERGY

STRESS

HOURS OF SLEEP

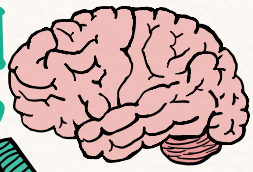
/10

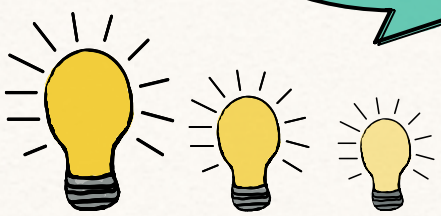
MOOD

- EXCELLENT
- GOOD
- FINE
- SAD
- ANGRY

DAILY TASKS	ACHIEVEMENTS

BRAIN DUMP





THINGS TO TACKLE TOMORROW !