

MOOD

 EXCELLENT

 GOOD

 FINE

 SAD

 ANGRY

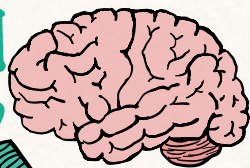
DAILY TASKS	ACHIEVEMENTS

HOURS OF SLEEP

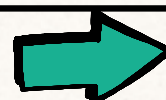
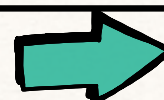
STRESS ☐ ☐ ☐ ☐ ☐

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BRAIN DUMP

[illegible]This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

THINGS TO TACKLE TOMORROW !

[illegible]