

Date:					
Time	Energy / Motivation / Concentration (Please denote)	Activity	Red / Amber / Green (Please denote)		
Morning	☹️ 😐 😊		●	●	●
	☹️ 😐 😊		●	●	●
	☹️ 😐 😊		●	●	●
Afternoon	☹️ 😐 😊		●	●	●
	☹️ 😐 😊		●	●	●
	☹️ 😐 😊		●	●	●
Evening	☹️ 😐 😊		●	●	●
	☹️ 😐 😊		●	●	●
	☹️ 😐 😊		●	●	●