

MOOD DIARY

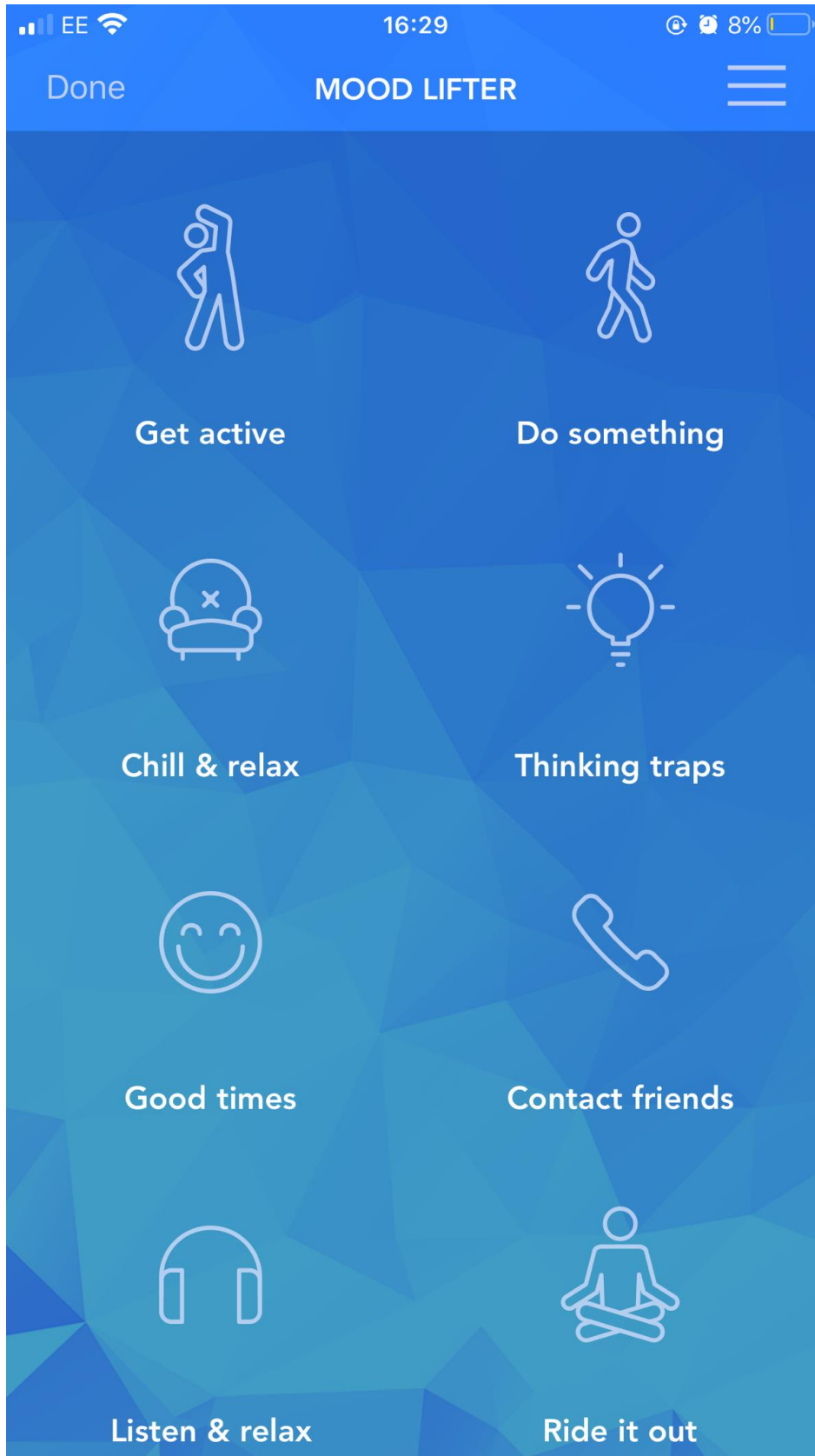
September 2020

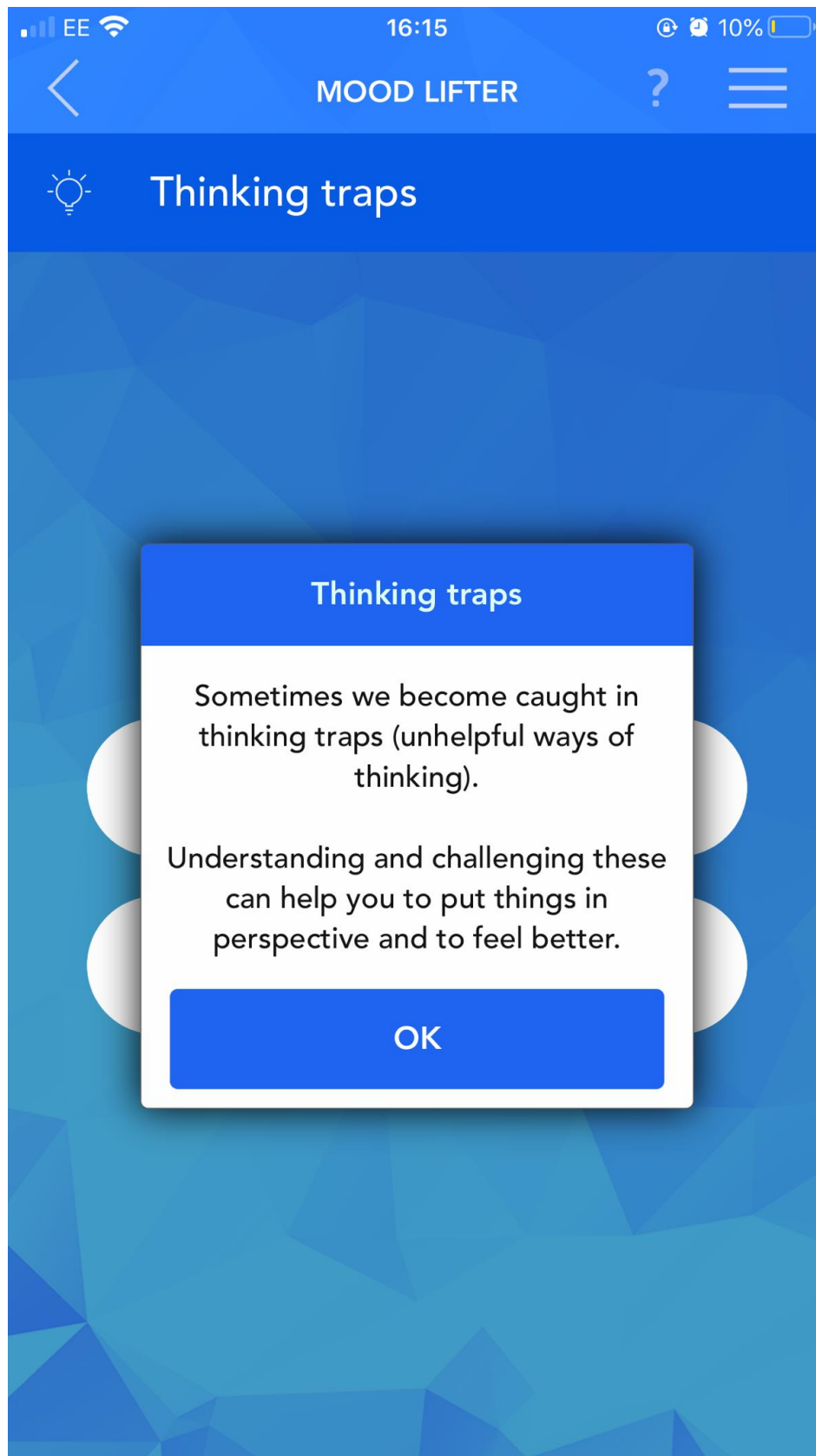
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

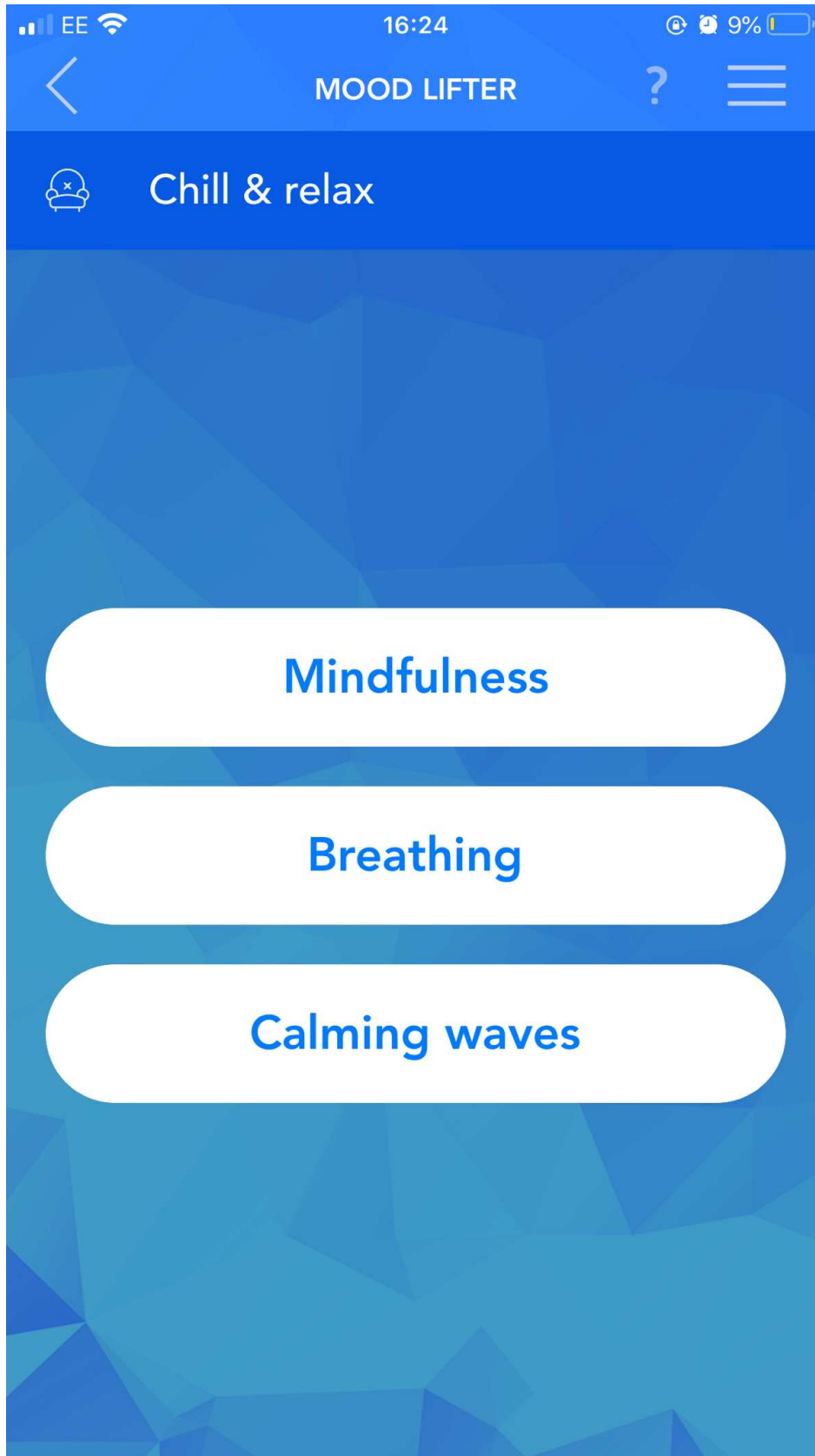
Really Sad

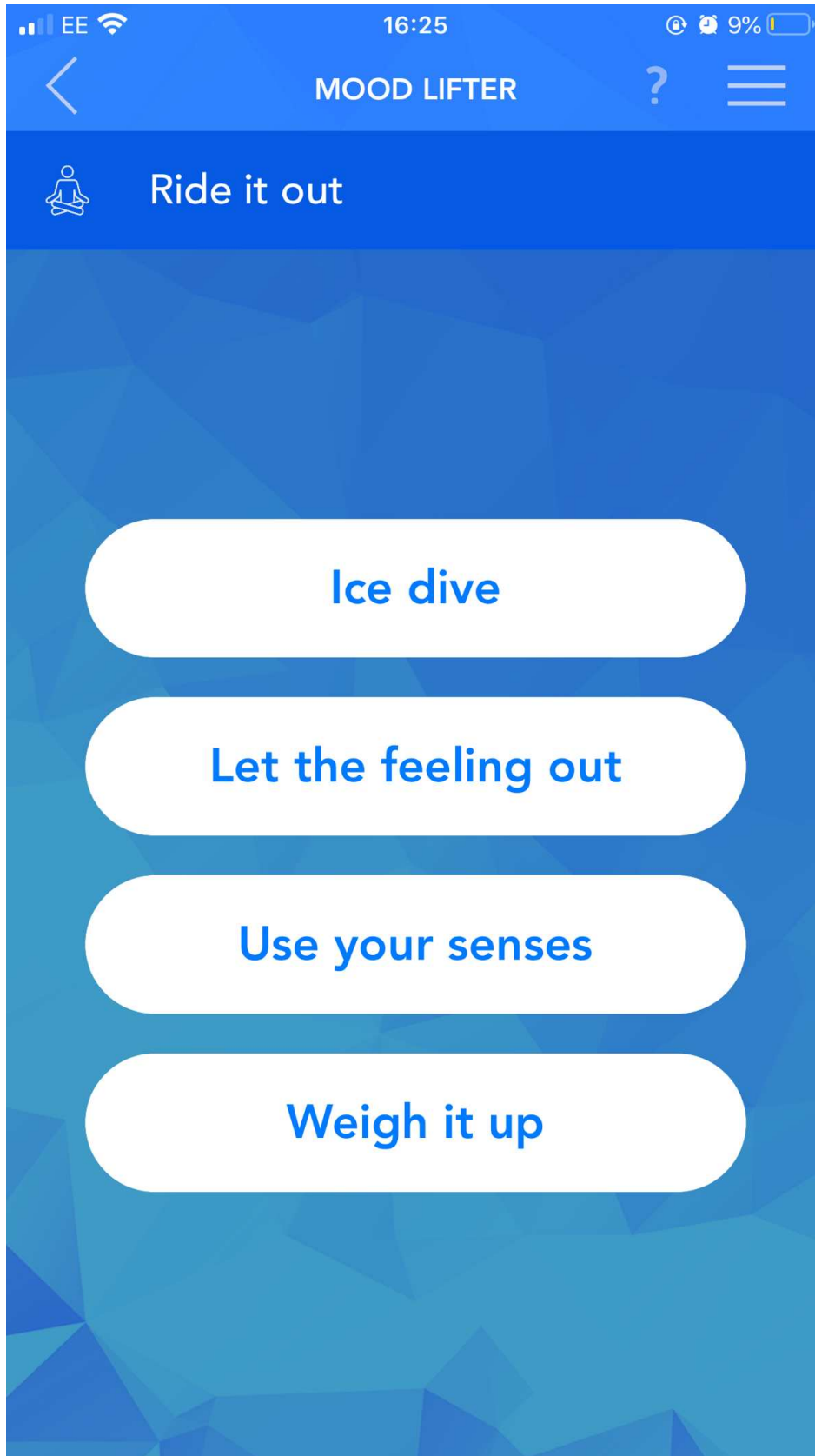
15:48 1 note

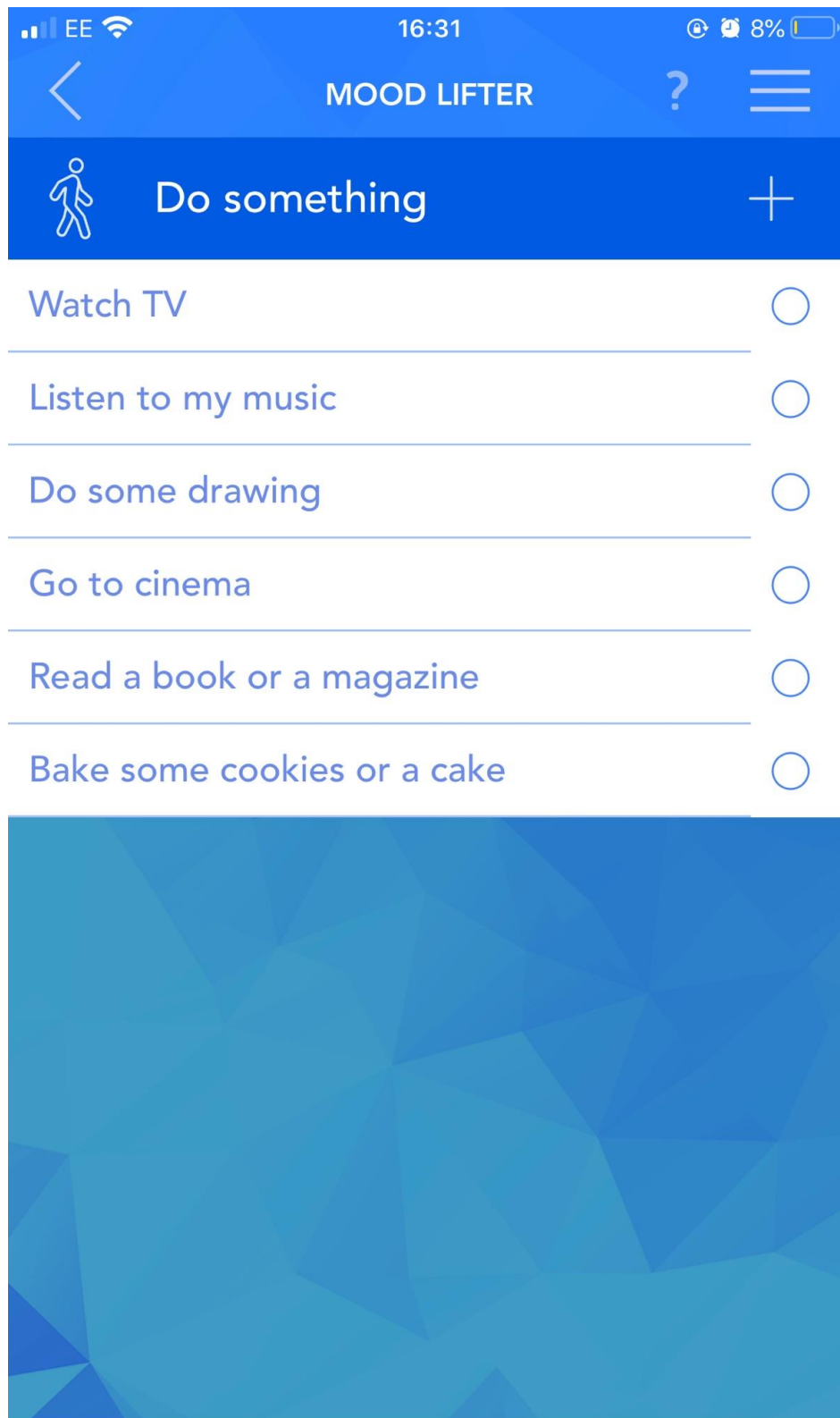
Had an argument with my partner











Record what you did

16:25 9%

VIEW HISTORY

Admin Diary

19/03/2020

Get active:
Activities: Walk a mile
Notes: No notes recorded.

17/09/2020

Get active:
Activities: Walk a mile
Notes: No notes recorded.

Do something:
Activities: Watch TV
Notes: No notes recorded.

13/10/2020

Do something:
Activities: Watch TV
Notes: I watched a film and it helped take my mind off things