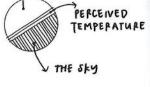
## # 28 WEATHER MOOD

DO THE WEATHER AND COLOR OF THE SKY AFFECT YOUR MOOD? LET'S TRY TO FIGURE IT OUT. FOR THE NEXT WEEK SET AN YOUR FEELING ALARM CLOCK FOR EVERY WAKING HOUR FROM WHEN YOU WAKE UP UNTIL THE SUN SETS, AND NOTE DETAILS ABOUT THE Sky, your PERCEIVED TEMPERATURE, AND YOUR FEELING.

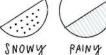
## 1. HOW IS THE SHY?

FILL THE LOWER PART OF THE CIPCLE WITH THE COLOR/PALETTE OF HOW YOU SEE THE STY TODAY:



1 CIRCLE = 1 WAKING HOUR

















## 2. HOW HOT/COLD IS IT?

ADD 1,2, OR 3 LINES IN THE CENTER FOR YOUR PERCEIVED TEMPERATURE. ADD NOTHING IF you THINK IT'S TOO COLD.







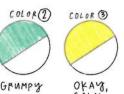


## 3. HOW ARE YOU FEELING?

THINK ABOUT HOW YOU HAVE GENERALLY FELT FOR THE HOUP, AND TRY TO NOT COPPELATE IT WITH THE BLY. YOU'LL SEE POTENTIAL COPPELATIONS AT THE END OF THE WEEK FROM YOUR DRAWING!













DATA COLLECTED on \_\_\_

START HERE NO MATTER WHAT TIME IT 15 TODAY WHEN THE JUN SETS, STOP your DATA COLLECTION