

```
{  
  "name": "MoodEntry",  
  "type": "object",  
  "properties": {  
    "date": {  
      "type": "string",  
      "format": "date",  
      "description": "Date of mood entry"  
    },  
    "mood": {  
      "type": "string",  
      "enum": [  
        "excellent",  
        "good",  
        "okay",  
        "low",  
        "struggling"  
      ],  
      "description": "Overall mood for the day"  
    },  
    "stress_level": {  
      "type": "number",  
      "minimum": 1,  
      "maximum": 10,  
      "description": "Stress level from 1-10"  
    },  
    "energy_level": {  
      "type": "number",  
      "minimum": 1,  
      "maximum": 10,  
      "description": "Energy level from 1-10"  
    },  
    "sleep_quality": {  
      "type": "number",  
      "minimum": 1,  
      "maximum": 10,  
      "description": "Sleep quality from 1-10"  
    },  
    "notes": {  
      "type": "string",  
      "description": "Additional notes about the day"  
    },  
    "activities": {
```

```
        "type": "array",
        "items": {
            "type": "string"
        },
        "description": "Activities done today"
    }
},
"required": [
    "date",
    "mood"
]
}
```