

```
{
  "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"
  ]
}
```