

Daily Mood Check-In Report

Date: February 22, 2026 at 08:21 AM
Record ID: 36
User: test_user_001

Mood Assessment

Metric	Value
Mood Rating	7/10
Energy Level	Good
Stress Level	Slightly Stressed
Intrusive Thoughts	Mild

Sleep Information

Metric	Value
Hours of Sleep	5 6
Baby Wake Count	2-3

Mood Description

Feeling better today, more energy than yesterday.

Additional Notes

Had a good conversation with my partner about sharing responsibilities.