

# Daily Mood Check-In Report

**Date:** February 22, 2026 at 08:20 AM  
**Record ID:** 35  
**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.