# Daily Mood Check-In - All Records

Generated: 2026-02-22 04:18:45
Total Records: 34

### Record 1 (ID: 38)

```
{
  "id": 38,
  "created_at": "2026-02-22T10:17:47.570104+00:00",
  "user_identifier": null,
  "mood_rating": 8,
  "mood_description": "",
  "hours_of_sleep": "4_5",
  "baby_wake_count": "4_5",
  "energy_level": "very_low",
  "stress_level": "slightly_stressed",
  "intrusive_thoughts": "mild",
  "notes": ""
}
```

### Record 2 (ID: 37)

```
{
  "id": 37,
  "created_at": "2026-02-22T08:28:24.326253+00:00",
  "user_identifier": "test_user_001",
  "mood_rating": 7,
  "mood_description": "Feeling better today, more energy than yesterday.",
  "hours_of_sleep": "5_6",
  "baby_wake_count": "2_3",
  "energy_level": "good",
  "stress_level": "slightly_stressed",
  "intrusive_thoughts": "mild",
  "notes": "Had a good conversation with my partner about sharing responsibilities."
}
```

### Record 3 (ID: 36)

```
{
  "id": 36,
  "created_at": "2026-02-22T08:21:46.263346+00:00",
  "user_identifier": "test_user_001",
  "mood_rating": 7,
  "mood_description": "Feeling better today, more energy than yesterday.",
  "hours_of_sleep": "5_6",
  "baby_wake_count": "2_3",
  "energy_level": "good",
  "stress_level": "slightly_stressed",
  "intrusive_thoughts": "mild",
  "notes": "Had a good conversation with my partner about sharing responsibilities."
}
```

### Record 4 (ID: 35)

```
{
  "id": 35,
  "created_at": "2026-02-22T08:20:51.859260+00:00",
  "user_identifier": "test_user_001",
  "mood_rating": 7,
  "mood_description": "Feeling better today, more energy than yesterday.",
```

```
    "hours_of_sleep": "5_6",
    "baby_wake_count": "2_3",
    "energy_level": "good",
    "stress_level": "slightly_stressed",
    "intrusive_thoughts": "mild",
    "notes": "Had a good conversation with my partner about sharing responsibilities."
}
```

### Record 5 (ID: 5)

```
{
    "id": 5,
    "created_at": "2026-02-22T07:11:50.861717+00:00",
    "user_identifier": null,
    "mood_rating": 8,
    "mood_description": "",
    "hours_of_sleep": "less_than_3",
    "baby_wake_count": "0_1",
    "energy_level": "low",
    "stress_level": "moderately_stressed",
    "intrusive_thoughts": "mild",
    "notes": "Day 0 check-in"
}
```

### Record 6 (ID: 6)

```
{
    "id": 6,
    "created_at": "2026-02-21T07:11:50.938911+00:00",
    "user_identifier": null,
    "mood_rating": 7,
    "mood_description": "Missing sleep",
    "hours_of_sleep": "less_than_3",
    "baby_wake_count": "2_3",
    "energy_level": "good",
    "stress_level": "slightly_stressed",
    "intrusive_thoughts": "no",
    "notes": ""
}
```

### Record 7 (ID: 7)

```
{
    "id": 7,
    "created_at": "2026-02-20T07:11:51.030339+00:00",
    "user_identifier": null,
    "mood_rating": 6,
    "mood_description": "",
    "hours_of_sleep": "4_5",
    "baby_wake_count": "",
    "energy_level": "high",
    "stress_level": "slightly_stressed",
    "intrusive_thoughts": "mild",
    "notes": ""
}
```

### Record 8 (ID: 8)

```
{
    "id": 8,
    "created_at": "2026-02-19T07:11:51.502394+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Peaceful and content",
```

```
    "hours_of_sleep": "less_than_3",
    "baby_wake_count": "2_3",
    "energy_level": "high",
    "stress_level": "moderately_stressed",
    "intrusive_thoughts": "mild",
    "notes": ""
}
```

### Record 9 (ID: 9)

```
{
    "id": 9,
    "created_at": "2026-02-18T07:11:51.624168+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "A little down",
    "hours_of_sleep": "3_4",
    "baby_wake_count": "2_3",
    "energy_level": "very_low",
    "stress_level": "very_stressed",
    "intrusive_thoughts": "mild",
    "notes": ""
}
```

### Record 10 (ID: 10)

```
{
    "id": 10,
    "created_at": "2026-02-17T07:11:51.712657+00:00",
    "user_identifier": null,
    "mood_rating": 4,
    "mood_description": "Feeling tired but hopeful",
    "hours_of_sleep": "more_than_6",
    "baby_wake_count": "",
    "energy_level": "moderate",
    "stress_level": "very_stressed",
    "intrusive_thoughts": "no",
    "notes": "Day 5 check-in"
}
```

### Record 11 (ID: 11)

```
{
    "id": 11,
    "created_at": "2026-02-16T07:11:51.838568+00:00",
    "user_identifier": null,
    "mood_rating": 7,
    "mood_description": "Missing sleep",
    "hours_of_sleep": "5_6",
    "baby_wake_count": "4_5",
    "energy_level": "very_low",
    "stress_level": "moderately_stressed",
    "intrusive_thoughts": "mild",
    "notes": ""
}
```

### Record 12 (ID: 12)

```
{
    "id": 12,
    "created_at": "2026-02-15T07:11:51.979404+00:00",
    "user_identifier": null,
    "mood_rating": 5,
    "mood_description": "A little down",
```

```
    "hours_of_sleep": "more_than_6",
    "baby_wake_count": "0_1",
    "energy_level": "high",
    "stress_level": "calm",
    "intrusive_thoughts": "no",
    "notes": ""
  }
```

### Record 13 (ID: 13)

```
  {
    "id": 13,
    "created_at": "2026-02-14T07:11:52.051265+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Overwhelmed with tasks",
    "hours_of_sleep": "5_6",
    "baby_wake_count": "0_1",
    "energy_level": "good",
    "stress_level": "slightly_stressed",
    "intrusive_thoughts": "mild",
    "notes": ""
  }
```

### Record 14 (ID: 14)

```
  {
    "id": 14,
    "created_at": "2026-02-13T07:11:52.204834+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Stressed but managing",
    "hours_of_sleep": "more_than_6",
    "baby_wake_count": "2_3",
    "energy_level": "good",
    "stress_level": "moderately_stressed",
    "intrusive_thoughts": "no",
    "notes": ""
  }
```

### Record 15 (ID: 15)

```
  {
    "id": 15,
    "created_at": "2026-02-12T07:11:52.303436+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Stressed but managing",
    "hours_of_sleep": "4_5",
    "baby_wake_count": "4_5",
    "energy_level": "very_low",
    "stress_level": "very_stressed",
    "intrusive_thoughts": "mild",
    "notes": "Day 10 check-in"
  }
```

### Record 16 (ID: 16)

```
  {
    "id": 16,
    "created_at": "2026-02-11T07:11:52.372898+00:00",
    "user_identifier": null,
    "mood_rating": 5,
    "mood_description": "Happy and energetic",
```

```
      "hours_of_sleep": "more_than_6",
      "baby_wake_count": "4_5",
      "energy_level": "moderate",
      "stress_level": "moderately_stressed",
      "intrusive_thoughts": "mild",
      "notes": ""
   }
```

### *Record 17 (ID: 17)*

```
{
   "id": 17,
   "created_at": "2026-02-10T07:11:52.440991+00:00",
   "user_identifier": null,
   "mood_rating": 8,
   "mood_description": "A bit anxious today",
   "hours_of_sleep": "more_than_6",
   "baby_wake_count": "0_1",
   "energy_level": "very_low",
   "stress_level": "overwhelmed",
   "intrusive_thoughts": "mild",
   "notes": ""
}
```

### *Record 18 (ID: 18)*

```
{
   "id": 18,
   "created_at": "2026-02-09T07:11:52.511646+00:00",
   "user_identifier": null,
   "mood_rating": 5,
   "mood_description": "Feeling tired but hopeful",
   "hours_of_sleep": "less_than_3",
   "baby_wake_count": "6_plus",
   "energy_level": "moderate",
   "stress_level": "calm",
   "intrusive_thoughts": "mild",
   "notes": ""
}
```

### *Record 19 (ID: 19)*

```
{
   "id": 19,
   "created_at": "2026-02-08T07:11:52.590890+00:00",
   "user_identifier": null,
   "mood_rating": 6,
   "mood_description": "A bit anxious today",
   "hours_of_sleep": "4_5",
   "baby_wake_count": "",
   "energy_level": "moderate",
   "stress_level": "overwhelmed",
   "intrusive_thoughts": "mild",
   "notes": ""
}
```

### *Record 20 (ID: 20)*

```
{
   "id": 20,
   "created_at": "2026-02-07T07:11:52.706093+00:00",
   "user_identifier": null,
   "mood_rating": 9,
   "mood_description": "A little down",
```

```
    "hours_of_sleep": "3_4",
    "baby_wake_count": "2_3",
    "energy_level": "very_low",
    "stress_level": "moderately_stressed",
    "intrusive_thoughts": "no",
    "notes": "Day 15 check-in"
}
```

### Record 21 (ID: 21)

```
{
    "id": 21,
    "created_at": "2026-02-06T07:11:52.806602+00:00",
    "user_identifier": null,
    "mood_rating": 7,
    "mood_description": "",
    "hours_of_sleep": "5_6",
    "baby_wake_count": "",
    "energy_level": "high",
    "stress_level": "calm",
    "intrusive_thoughts": "no",
    "notes": ""
}
```

### Record 22 (ID: 22)

```
{
    "id": 22,
    "created_at": "2026-02-05T07:11:52.971837+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Feeling tired but hopeful",
    "hours_of_sleep": "3_4",
    "baby_wake_count": "",
    "energy_level": "low",
    "stress_level": "moderately_stressed",
    "intrusive_thoughts": "no",
    "notes": ""
}
```

### Record 23 (ID: 23)

```
{
    "id": 23,
    "created_at": "2026-02-04T07:11:53.777512+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Happy and energetic",
    "hours_of_sleep": "more_than_6",
    "baby_wake_count": "",
    "energy_level": "high",
    "stress_level": "overwhelmed",
    "intrusive_thoughts": "no",
    "notes": ""
}
```

### Record 24 (ID: 24)

```
{
    "id": 24,
    "created_at": "2026-02-03T07:11:53.907973+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Feeling positive",
```

```
  "hours_of_sleep": "more_than_6",
  "baby_wake_count": "0_1",
  "energy_level": "low",
  "stress_level": "slightly_stressed",
  "intrusive_thoughts": "mild",
  "notes": ""
}
```

### *Record 25 (ID: 25)*

```
{
  "id": 25,
  "created_at": "2026-02-02T07:11:54.089075+00:00",
  "user_identifier": null,
  "mood_rating": 9,
  "mood_description": "Peaceful and content",
  "hours_of_sleep": "more_than_6",
  "baby_wake_count": "2_3",
  "energy_level": "good",
  "stress_level": "overwhelmed",
  "intrusive_thoughts": "mild",
  "notes": "Day 20 check-in"
}
```

### *Record 26 (ID: 26)*

```
{
  "id": 26,
  "created_at": "2026-02-01T07:11:54.258226+00:00",
  "user_identifier": null,
  "mood_rating": 6,
  "mood_description": "Missing sleep",
  "hours_of_sleep": "3_4",
  "baby_wake_count": "",
  "energy_level": "high",
  "stress_level": "calm",
  "intrusive_thoughts": "no",
  "notes": ""
}
```

### *Record 27 (ID: 27)*

```
{
  "id": 27,
  "created_at": "2026-01-31T07:11:54.395070+00:00",
  "user_identifier": null,
  "mood_rating": 4,
  "mood_description": "A little down",
  "hours_of_sleep": "more_than_6",
  "baby_wake_count": "6_plus",
  "energy_level": "very_low",
  "stress_level": "slightly_stressed",
  "intrusive_thoughts": "mild",
  "notes": ""
}
```

### *Record 28 (ID: 28)*

```
{
  "id": 28,
  "created_at": "2026-01-30T07:11:54.471328+00:00",
  "user_identifier": null,
  "mood_rating": 9,
  "mood_description": "Feeling tired but hopeful",
```

```
    "hours_of_sleep": "5_6",
    "baby_wake_count": "",
    "energy_level": "low",
    "stress_level": "slightly_stressed",
    "intrusive_thoughts": "no",
    "notes": ""
}
```

### Record 29 (ID: 29)

```
{
    "id": 29,
    "created_at": "2026-01-29T07:11:54.556951+00:00",
    "user_identifier": null,
    "mood_rating": 7,
    "mood_description": "Feeling tired but hopeful",
    "hours_of_sleep": "3_4",
    "baby_wake_count": "0_1",
    "energy_level": "high",
    "stress_level": "calm",
    "intrusive_thoughts": "no",
    "notes": ""
}
```

### Record 30 (ID: 30)

```
{
    "id": 30,
    "created_at": "2026-01-28T07:11:54.627495+00:00",
    "user_identifier": null,
    "mood_rating": 9,
    "mood_description": "Feeling positive",
    "hours_of_sleep": "less_than_3",
    "baby_wake_count": "4_5",
    "energy_level": "good",
    "stress_level": "very_stressed",
    "intrusive_thoughts": "mild",
    "notes": "Day 25 check-in"
}
```

### Record 31 (ID: 31)

```
{
    "id": 31,
    "created_at": "2026-01-27T07:11:54.862073+00:00",
    "user_identifier": null,
    "mood_rating": 6,
    "mood_description": "Peaceful and content",
    "hours_of_sleep": "more_than_6",
    "baby_wake_count": "4_5",
    "energy_level": "good",
    "stress_level": "overwhelmed",
    "intrusive_thoughts": "mild",
    "notes": ""
}
```

### Record 32 (ID: 32)

```
{
    "id": 32,
    "created_at": "2026-01-26T07:11:54.936809+00:00",
    "user_identifier": null,
    "mood_rating": 4,
    "mood_description": "Missing sleep",
```

```
      "hours_of_sleep": "4_5",
      "baby_wake_count": "0_1",
      "energy_level": "high",
      "stress_level": "overwhelmed",
      "intrusive_thoughts": "no",
      "notes": ""
  }
```

### Record 33 (ID: 33)

```
  {
      "id": 33,
      "created_at": "2026-01-25T07:11:55.021386+00:00",
      "user_identifier": null,
      "mood_rating": 4,
      "mood_description": "Overwhelmed with tasks",
      "hours_of_sleep": "5_6",
      "baby_wake_count": "0_1",
      "energy_level": "good",
      "stress_level": "calm",
      "intrusive_thoughts": "no",
      "notes": ""
  }
```

### Record 34 (ID: 34)

```
  {
      "id": 34,
      "created_at": "2026-01-24T07:11:55.185201+00:00",
      "user_identifier": null,
      "mood_rating": 4,
      "mood_description": "Happy and energetic",
      "hours_of_sleep": "less_than_3",
      "baby_wake_count": "4_5",
      "energy_level": "high",
      "stress_level": "slightly_stressed",
      "intrusive_thoughts": "no",
      "notes": ""
  }
```