## **Morning Datalog**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	<b>16</b>	17	18	19	<b>20</b>	21	22	23	24	25	<b>26</b>	27	28	<b>29</b>	<b>30</b>	31
Day of Week																															
TIME SLEPT																															
ROOM TEMP (°C)																															
BODY TEMP (°C)																															
ВРМ																															
Weight (kg)																															
Тіме																															
Mood																															
	00=Wanna die; 20=Panic/sad; 40=No energy ever/lonely; 60=Watch TV/Passive only; 80=Happy/new																														
	THINGS/EXCITED; 100=MAGIC/WOO/BEING ALIVE WOO																														
Exercise (min)																															
CAFFINE (MG)																															
Тнеме																															
DID THEME?																															