Mood Diary

Monday	(2)									\odot	+ Good things today:
	1	2	3	4	5	6	7	8	9	10	- Bad things today:
Tuesday										<u>©</u>	+ Good things today:
	1	2	3	4	5	6	7	8	9	10	- Bad things today:
Wednesday	⊗ ⊕									<u>©</u>	+ Good things today:
	1	2	3	4	5	6	7	8	9	10	- Bad things today:
Thursday	(2)									<u>©</u>	+ Good things today:
	1	2	3	4	5	6	7	8	9	10	- Bad things today:
Friday	8 9									<u>©</u>	+ Good things today:
,	1	2	3	4	5	6	7	8	9	10	- Bad things today:
Saturday	(2)									<u>©</u>	+ Good things today:
	1	2	3	4	5	6	7	8	9	10	- Bad things today:
Sunday	⊗ ⊕									<u>©</u>	+ Good things today:
,	1	2	3	4	5	6	7	8	9	10	- Bad things today:

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