

# Daily planner

**Date:** \_\_\_\_\_

Time		How are you feeling today? (Please circle)	Activity	How hard was this activity? (Please circle)
Morning		☹️ 😐 😊		● ● ●
		☹️ 😐 😊		● ● ●
		☹️ 😐 😊		● ● ●
Afternoon		☹️ 😐 😊		● ● ●
		☹️ 😐 😊		● ● ●
		☹️ 😐 😊		● ● ●
Evening		☹️ 😐 😊		● ● ●
		☹️ 😐 😊		● ● ●
		☹️ 😐 😊		● ● ●