

Date:				
Time		How are you feeling today? (Please circle)	Activity	How hard was this activity? (Please circle)
Morning	9am	☹️ 😐 😊	Shower and wash hair	🔴 🟡 🟢
	11am	☹️ 😐 😊	Rest break	🔴 🟡 🟢
	11.30am	☹️ 😐 😊	Check emails	🔴 🟡 🟢
Afternoon	12.30pm	☹️ 😐 😊	Make lunch	🔴 🟡 🟢
	1pm	☹️ 😐 😊	Eat lunch	🔴 🟡 🟢
	2pm	☹️ 😐 😊	Do laundry	🔴 🟡 🟢
Evening	4pm	☹️ 😐 😊	Free time - see how I feel	🔴 🟡 🟢
	6pm	☹️ 😐 😊	Prepare evening meal - from freezer	🔴 🟡 🟢
	8pm	☹️ 😐 😊	Relaxation - mindfulness app	🔴 🟡 🟢