Mood Snapshots

Record:

Time & Date	Mood Rating	Quick Tag

Graph:

Mood Rating

10
09
08
07
06
05
04
03
02
01

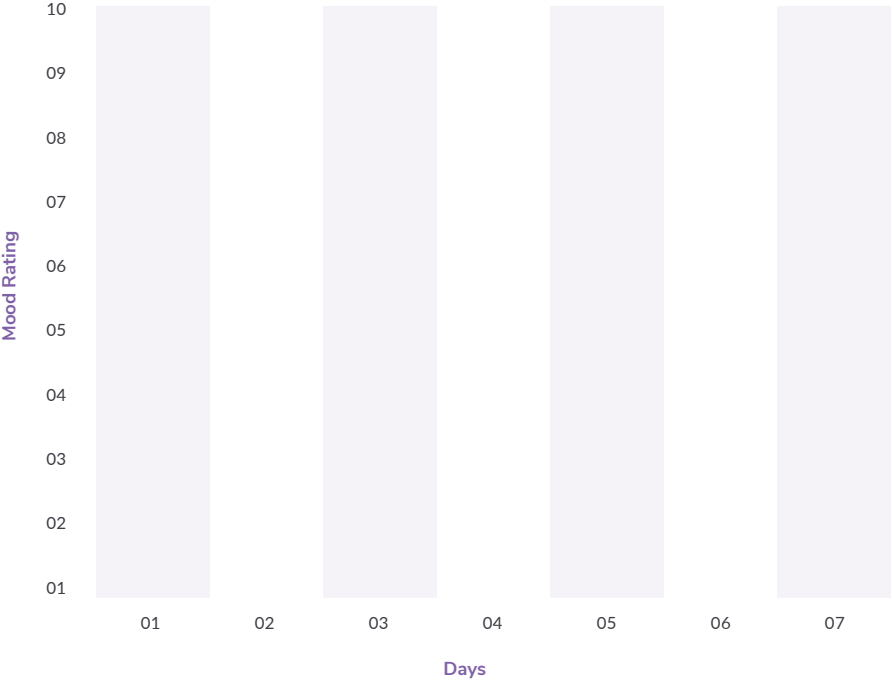01   02   03   04   05   06   07

Days

Analyze:

When do I consistently feel low? _____

What seems to boost my mood? _____