

SARAH																							
WEEK OF OCT 15, 2019																							
	TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			MONDAY				
	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM		
MOOD	good	good	poor	ok	poor	poor	poor	good	ok	ok	poor	ok	good	good	good	ok	poor	good	ok	ok	ok		
ENERGY LEVEL	good	ok	ok	ok	poor	poor	poor	good	good	ok	poor	ok	good	poor	good	good	good	good	poor	poor	ok		
RESILIENCE	ok	ok	ok	poor	poor	poor	ok	good	good	good	poor	ok	good	good	good	good	poor	good	ok	ok	ok		
CONNECTION	/	yes	/	/	/	yes	/	yes	/	/	/	yes	/	/	yes	/	/	yes	/	/	/		
NATURE	yes	/	/	yes	/	/	/	/	/	/	/	yes	/	/	/	/	/	/	/	/	/		
ACTS OF SERVICE	/	/	yes	yes	yes	/	yes	/	/	yes	yes	/	/	/	/	/	/	/	/	/	/		
JOYFUL ACTIVITY	/	/	/	/	/	/	/	/	/	/	/	yes	yes	/	yes	/	yes	/	/	/	/		
DELIGHT	/	/	/	yes	/	/	/	/	/	/	/	/	/	/	/	/	yes	/	/	/	/		
DESPAIR	/	/	yes	yes	yes	yes	/	/	/	/	/	/	/	/	/	/	/	yes	/	/	/		