SARAH																					
WEEK OF OCT 15, 2019																					
	TUESDAY		WEDNESDAY		ESDAY		THURSDAY			FRIDAY			SATURDAY			SUNDAY			MOND	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	1	1	1	yes	1	yes	1	1	1	yes	1	1	yes	1	1	yes	1	1	1
NATURE	yes	1	1	yes	1	1	1	1	1	1	1	yes	1	1	1	1	1	1	1	1	1
ACTS OF SERVICE	1	1	yes	yes	yes	1	yes	1	/	yes	yes	1	1	1	1	1	1	1	1	1	1
JOYFUL ACTIVITY	1	1	1	1	1	1	1	1	1	1	1	yes	yes	1	yes	1	yes	1	1	1	1
DELIGHT	1	1	1	yes	1	1	1	1	1	1	1	1	1	1	1	1	yes	1	1	1	1
DESPAIR	1	1	yes	yes	yes	yes	1	1	1	1	1	1	1	1	1	1	1	yes	1	1	1