ТОМ																					
WEEK OF OCT 15, 2019																					
	TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDA	١Y		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	ok	good	good	good	good	good	good	good	good	good	ok	good	good	good	good	ok	poor	ok	good
ENERGY LEVEL	good	good	good	good	good	ok	good	good	good	good	good	poor	good	good	good	good	good	ok	good	good	poor
RESILIENCE	good	good ok		good	good	good	good	good	good	good	good	good	good	good	good	good	good	good	good	good	ok
CONNECTION	1	1	1	1	1	1	1	1	1	1	1	1	1	1	yes	1	1	1	1	1	1
NATURE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	yes	1	1	1	1
ACTS OF SERVICE	1	1	yes	1	1	1	/	1	1	1	1	1	1	yes	1	1	1	1	1	1	1
JOYFUL ACTIVITY	1	1	yes	1	yes	yes	yes	yes	yes	1	yes	1	1	yes	yes	1	yes	1	yes	1	yes
DELIGHT	yes	1	1	1	yes	1	yes	yes	yes	yes	yes	yes	yes	1	yes	1	1	1	1	1	yes
DESPAIR	1	1	1	1	1	yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1