

TOM																						
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	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	/	/	/	/	/	/	/	/	/	/	/	/	/	/	yes	/	/	/	/	/	/	
NATURE	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	yes	/	/	/	/	
ACTS OF SERVICE	/	/	yes	/	/	/	/	/	/	/	/	/	/	yes	/	/	/	/	/	/	/	
JOYFUL ACTIVITY	/	/	yes	/	yes	yes	yes	yes	yes	/	yes	/	/	yes	yes	/	yes	/	yes	/	yes	
DELIGHT	yes	/	/	/	yes	/	yes	yes	yes	yes	yes	yes	yes	/	yes	/	/	/	/	/	yes	
DESPAIR	/	/	/	/	/	yes	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	