Phoenix AUSTRALIA

↓ Go to bed ↑ Out of bed Napping Sleeping [E] Exercise [M] Meal Rate mood across day: 1 (terrible) – 2 – 3 – 4 – 5 (okay) – 6 – 7 – 8 – 9 – 10 (great)

Day / Date	Midnight	1AM	2	3	4	5	6	7	8	9	10	11	Noon	1PM	2	3	4	5	6	7	8	9	10	11	12	Average mood

Day / Date	Midnight	1AM	2	3	4	5	6	7	8	9	10	11	Noon	1PM	2	3	4	5	6	7	8	9	10	11	12	Average mood