Month/D ay/Y ear	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	28	30	31
My Mood today was (a) Good (b) Bad (c) Indifferent																															
My body felt (a) Attractive (b) Bloated (c) Acceptable																															
My body Image Was (a) Positive (b) Negative (c) Acceptable																															
My energy level was (a) Plan to Do everything (b) Feel like doing nothing (c) Normal accomplishments																															
Outside Events Seemed (a) Assertive (b) Overw helming (c) Manageable																															
My sexual interest was (a) High (b) Low (c) My what?																															
My overall outlook (a) Isn't life wonderful (b) This world sucks (c) Business as Usual																															
My future plans were (a) career oriented (b) family oriented (c) other																															
My Interest in Males Was (a) Intense (b) Confrontive (c) Tolerant																															
(a) Dry (b) Wet (what kind) clear, thick, tacky, stretchy, slippery, very wet																															