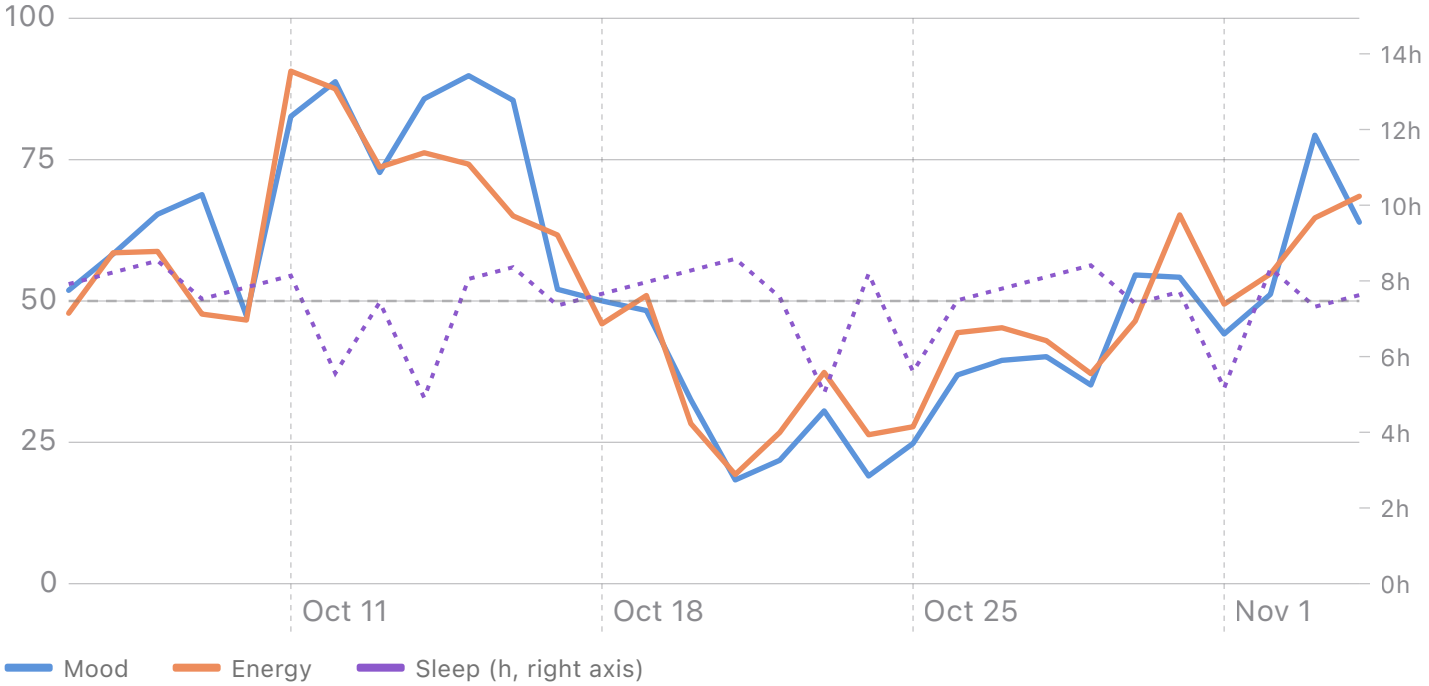
Mood & Energy Report

Oct 6, 2026 – Nov 4, 2026 · Generated Nov 4, 2026

53	52	±11	±12	30/30
Avg mood	Avg energy	Mood swing between days	Mood swing within a day	Days logged

Daily average (0–100) · Sleep hours (right axis)



Where entries fell

Good mood · High energy	**44%**
Good mood · Low energy	**7%**
Low mood · High energy	**7%**
Low mood · Low energy	**42%**

84 entries total

Sleep

Average sleep	**7.5 h**
Nights under 6 h	**5**
Mood after short / normal sleep	**55 / 53**
Energy after short / normal sleep	**56 / 52**