

## FALL QUARTER BULLET JOURNAL

This is a story about one writer's fall quarter bullet journal, where she documented her mood, sleep and activities everyday with ratings for mood and collecting approximate hours of sleep.

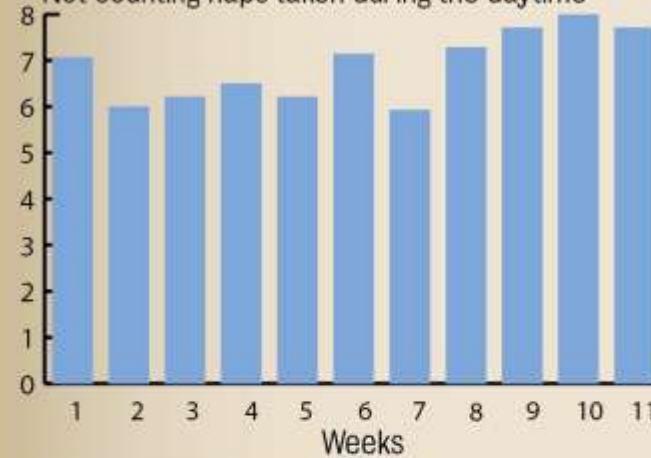
### Average Sleep and Mood Over Past Quarter

Both scored out of 10; sleep is in terms of hours and mood is in terms of 1 being worst mood and 10 being best mood.



### Average Hours of Sleep Per Week

Not counting naps taken during the daytime



### Average Rating of Mood Per Week

Scored from 1 to 10 with 1 being worst mood and 10 being best mood

