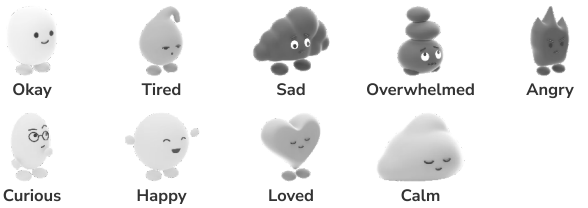
Check-in

Date _____

Right now I feel

_____

The closest Feelbit (circle one)



It's about

☐ Myself ☐ Love life ☐ Family ☐ Friends
☐ Work ☐ Health ☐ Sleep ☐ _____

A few words about it

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The closest Feelbit (circle one)

Okay Tired Sad Overwhelmed Angry
Curious Happy Loved Calm

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A few words about it

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