

Date	Journaling Duration (hh:mm)	Number of words in diary	Sleep duration (hh:mm)	Mood assessment
22 Oct	00:15	384	07:49	3
23 Oct	00:10	465	06:57	3
24 Oct	00:16	335	08:18	4
25 Oct	01:19	701	08:33	5
26 Oct	00:15	128	06:36	2
27 Oct	00:06	179	08:09	3
28 Oct	00:09	201	07:59	4
29 Oct	00:08	222	07:48	4
30 Oct	00:06	80	06:58	4
31 Oct	00:11	332	06:52	4
1 Nov	00:01	13	06:59	2
2 Nov	00:13	154	07:36	5
3 Nov	00:07	220	08:01	4
4 Nov	00:54	142	07:54	4

5 Nov	00:27	547	07:28	4
6 Nov	00:10	408	06:31	3
7 Nov	00:06	333	07:01	3
8 Nov	00:33	624	06:44	4
9 Nov	00:02	72	08:52	5
10 Nov	00:01	49	06:46	3
11 Nov	00:02	29	07:30	3
12 Nov	00:01	92	05:30	2
13 Nov	00:01	94	08:01	5
14 Nov	00:02	25	07:16	4
15 Nov	00:01	15	08:22	5
16 Nov	00:01	5	08:20	4
17 Nov	00:06	332	07:28	3
18 Nov	00:10	291	07:55	4
19 Nov	00:13	320	06:58	4
20 Nov	00:01	30	08:02	5

21 Nov	00:01	37	08:27	5
22 Nov	00:01	218	06:07	4
23 Nov	00:03	145	09:23	2
24 Nov	00:03	119	06:44	3
25 Nov	00:01	12	09:04	4
26 Nov	00:31	622	07:53	4
27 Nov	00:31	1405	07:33	4
28 Nov	00:39	312	06:45	5
29 Nov	00:03	10	07:15	4
30 Nov	00:37	211	07:36	3
1 Dec	00:04	15	07:22	2
2 Dec	00:01	36	08:49	4
3 Dec	00:21	588	06:22	4
4 Dec	00:04	219	07:17	3
5 Dec	00:05	223	08:41	4
6 Dec	00:01	28	08:02	3

7 Dec	00:12	239	09:06	3
8 Dec	00:08	237	09:39	4
9 Dec	00:35	1138	08:51	3
10 Dec	00:44	1151	07:20	4
11 Dec	00:09	475	07:31	4
12 Dec	00:01	182	05:59	4
13 Dec	00:03	49	08:59	5