

My day in feelings

	Monday	Tuesday	Wednesday	Thursday	Friday
After getting up					
At breakfast					
In the early morning					
In the late morning					
At lunchtime					
In the early afternoon					
In the late afternoon					
In the evening					
While going to bed					

My days in feelings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
After getting up							
At breakfast							
In the early morning							
In the late morning							
At lunchtime							
In the early afternoon							
In the late afternoon							
In the evening							
While going to bed							