

Submission - #3

Date / Time
18/11/2025 4:00 PM
Overall Energy
Moderate
Focus & Clarity
Distracted
Mood / Emotional Tone
Calm / Neutral
Motivation & Drive
Moderate
Physical Cues (Tick all that apply)
Stable / No symptoms
Sleep Quality
Good
Creativity Level
Steady
Social Energy
Open / Sociable
Highlights & Wins
Got lots of Admin sorted and had baby cuddles
Friction Points
Easley distracted, low motivation
Where do you feel you are hormonally today?
Lower energy/refinement (Evolve)