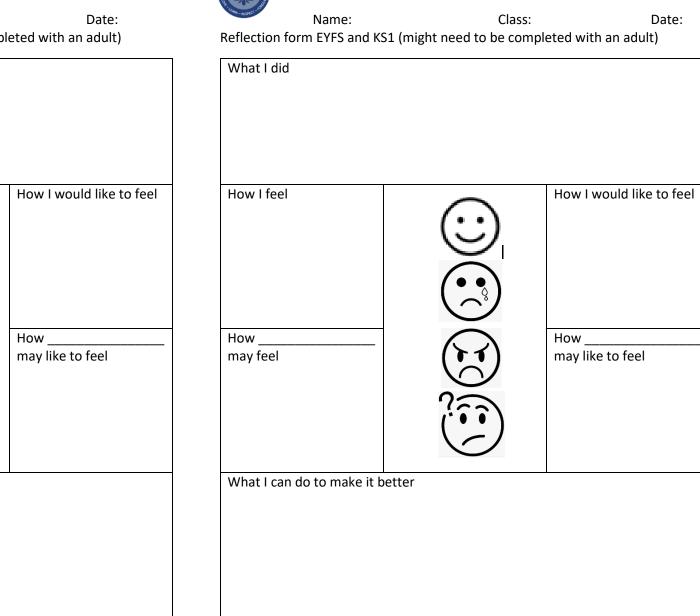


What I did



Date:

How I feel How _ may feel What I can do to make it better