## Your Good Day/Bad Day

| Time Of Day       | Typical | Better | Worse |
|-------------------|---------|--------|-------|
| Morning at home   |         |        |       |
| Commute           |         |        |       |
| Morning at work   |         |        |       |
| Lunch             |         |        |       |
| Afternoon at work |         |        |       |
| Commute           |         |        |       |
| Evening           |         |        |       |
| Overnight         |         |        |       |