



Mood and wellbeing summary – Dan

Wed, 16 Sept 2026 to Thu, 15 Oct 2026 · self-reported daily check-ins

4.9

average mood (1–10)

28 / 30

days checked in

6.4 h

average sleep

5

days scored 3 or below

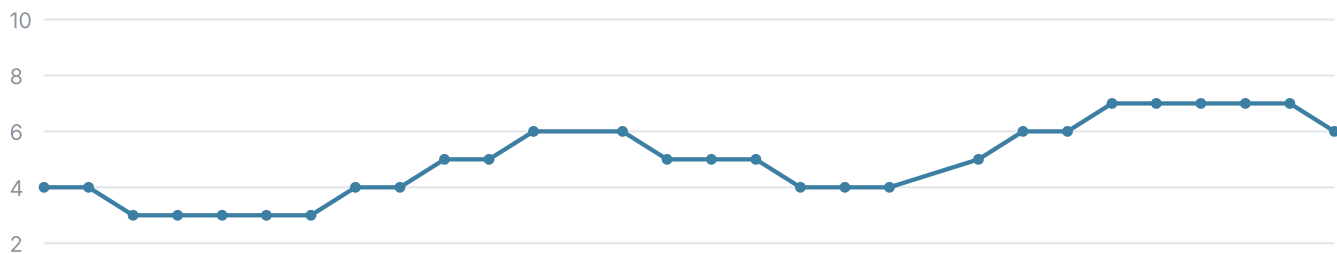
26

average units of alcohol per week (where recorded)

6

alcohol-free days recorded

Mood over time



Most common triggers

Memories (9) · Night time (5) · Kids (2)

Daily check-ins

DATE	MOOD	SLEEP (H)	UNITS	SET OFF BY	HARD THING	GOOD THING
Wed 16 Sept	4	5.5	4		Long day at work, head all over.	Kids made me laugh at tea.
Thu 17 Sept	4	5.5	4	Night time	Saw them tagged in a photo.	Gym, first time in weeks.
Fri 18 Sept	3	6	4	Memories	Quiet house after the kids went back.	Cooked a proper meal.
Sat 19 Sept	3	6	8		Drove past our old place.	Five-a-side with the lads.
Sun 20 Sept	3	6.5	0		Woke at 3am and couldn't get back off.	Pint and a proper talk with Mike.
Mon 21 Sept	3	6.5	4	Memories	Kept replaying the messages I found.	Walked the dog early, cleared my head.
Tue 22 Sept	3	6.5	4		Long day at work, head all over.	Kids made me laugh at tea.
Wed 23 Sept	4	6.5	4		Saw them tagged in a photo.	Gym, first time in weeks.

DATE	MOOD	SLEEP (H)	UNITS	SET OFF BY	HARD THING	GOOD THING
Thu 24 Sept	4	6.5	4	Memories	Quiet house after the kids went back.	Cooked a proper meal.
Fri 25 Sept	5	6	0	Night time	Drove past our old place.	Five-a-side with the lads.
Sat 26 Sept	5	6	4		Woke at 3am and couldn't get back off.	Pint and a proper talk with Mike.
Sun 27 Sept	6	6	4	Memories	Kept replaying the messages I found.	Walked the dog early, cleared my head.
Tue 29 Sept	6	5.5	4	Night time	Saw them tagged in a photo.	Gym, first time in weeks.
Wed 30 Sept	5	5.5	0	Memories	Quiet house after the kids went back.	Cooked a proper meal.
Thu 1 Oct	5	5.5	8	Kids	Drove past our old place.	Five-a-side with the lads.
Fri 2 Oct	5	5.5	4		Woke at 3am and couldn't get back off.	Pint and a proper talk with Mike.
Sat 3 Oct	4	6	4	Memories	Kept replaying the messages I found.	Walked the dog early, cleared my head.
Sun 4 Oct	4	6	4		Long day at work, head all over.	Kids made me laugh at tea.
Mon 5 Oct	4	6.5	0		Saw them tagged in a photo.	Gym, first time in weeks.
Wed 7 Oct	5	7	8	Night time	Drove past our old place.	Five-a-side with the lads.
Thu 8 Oct	6	7	4	Kids	Woke at 3am and couldn't get back off.	Pint and a proper talk with Mike.
Fri 9 Oct	6	7.5	4	Memories	Kept replaying the messages I found.	Walked the dog early, cleared my head.
Sat 10 Oct	7	7.5	0		Long day at work, head all over.	Kids made me laugh at tea.
Sun 11 Oct	7	7.5	4	Night time	Saw them tagged in a photo.	Gym, first time in weeks.
Mon 12 Oct	7	7.5	4	Memories	Quiet house after the kids went back.	Cooked a proper meal.
Tue 13 Oct	7	7.5	8		Drove past our old place.	Five-a-side with the lads.
Wed 14 Oct	7	7	4		Woke at 3am and couldn't get back off.	Pint and a proper talk with Mike.
Thu 15 Oct	6	7	0	Memories	Kept replaying the messages I found.	Walked the dog early, cleared my head.

Pit Stop 30 is a self-help app, not a medical service. These are the person's own daily ratings (mood 1–10, hours slept, drinks in UK units).