

How My Day Went/*Ialmen Kar Nā Rainin*

My Mood Today Was/Ao Mour Rainin Ekar

Happy <i>Moñōñō</i>	Loud <i>Kwolap</i>	Rowdy <i>Kakitōtō</i>	Energetic <i>Ejjimourur</i>	“Stemy”/	Giggly <i>Ettoñtoñ</i>	Funny <i>Kōjak</i>
Sad <i>Buromōj</i>	Weepy <i>Ejjanñan</i>	Defiant <i>Jab pokake</i>	Calm <i>Aenōmman</i>	Sleepy <i>Mejki</i>	Spacey <i>Rowalok</i>	Anxious <i>Abnōñō</i>
Scared <i>Mijak</i>	Nervous <i>Ekkoñ/Ikkūmkūm</i>	Other/ <i>Ko Jet</i>				

My Activities Makitkit Ko Ao

Today I went to/*Rainin Ikar Etal Nān:*

How I did/*Ialmen Ao Kar Bed:*

Today I Ate/*Rainin Ikar Kanē*

Breakfast/*Moñā In Jibbon:*

All/ <i>Aolepen</i>	Most <i>Enanin Aolepen</i>	Some/ <i>Jidik</i>	None/ <i>Ejjelo, k</i>
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Lunch/*Moñā in Raelep:*

All/ <i>Aolepen</i>	Most <i>Enanin Aolepen</i>	Some/ <i>Jidik</i>	None/ <i>Ejjelo, k</i>
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Dinner/*Moñā In Jota:*

All/ <i>Aolepen</i>	Most <i>Enanin Aolepen</i>	Some/ <i>Jidik</i>	None/ <i>Ejjelo, k</i>
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I had a snack at/*Ikar moñā in kōtaan awa ilo*

I drank/*Ikar idaak*

Toilet/Keppojak

Diapers: <i>Kal Ko:</i>	Urine How Many? <i>Raut Jet Kōttan?</i>	Bowel Movement How Many? <i>Pijok Jete Kōttan?</i>	Hard <i>Ben</i>	Soft <i>Pidodo</i>
Toilet <i>Keppojak</i>	Urine How Many? <i>Raut Jet Kōttan?</i>	Bowel Movement How Many? <i>Pijok Jete Kōttan?</i>	Hard <i>Ben</i>	Soft <i>Pidodo</i>

Accidents/Jidilok:

Medication and Supplements/Uno im Ūn Ko

I took my Medication/Ikar Bōki/Idaak Uno Ko Limo

Very Well

Elukkun Emman

Not at

All

Ikar Jab

Some, but probably didn't get the full
dose

Jet/Jidik, ako ekar jab bwelen maat

I Still Need To Take/Ikabde Aikuj Bōk

Notes About My Day/Jidik Melele Kin Nā Rainin:
