

03/23-24: Travelled to Helena from my house in Shepherd at 8:30am to go visit my best friend Brent at his family home while his family was still in Mexico. Forgot to have Breakfast. Spent the first day driving around Helena just being boys happy to have freedom from a team and school. We had McDonald's for lunch, I had the Buttermilk Crispy Chicken Sandwich and Brent had two Quarter pounders and a Filet-o-Fish. Went back to his house where we played video games and went back and forth on kicking each other's butts at different games. Made breakfast burritos for dinner. Later that night hung out in their hot tub and watched a marble racing on ESPN through the window. Went to bed around 1am. Next morning woke up at 9am to find myself waiting around playing on my phone for three hours until Brent woke up. Had a cup of coffee for breakfast. We would go onto spend the next 5 hours chatting about nothing and realizing I need to head out, so he can clean the house before his family gets back the next morning. Forgot to eat lunch. Left Helena at 6:30pm to drive back to Bozeman and settle in for the night. Arrived in Bozeman at 8:30 after taking my time on the drive. For dinner would make Beef Stroganoff. After Dinner I sat around and watched Longmire on Netflix for a little bit. Went to bed at 2am. Overall mood of the last days: Happy

03/25: I woke up at 9am like mostly every morning. Spent the morning trying to readjust to school after two weeks of not having to worry about work or going to class. Forgot to eat breakfast, but that's not new to me. Had a small lunch with a club sandwich and chocolate milk. Around 5pm went to the Basketball court on Beall Street to play around with my best friend Brent for a little over two hours. Made myself Chicken and Rice for dinner. Watched Rio Bravo after dinner. After my movie I spent the rest of the night playing some video games not doing much. Went to bed around 2:30am. Overall mood over today: Happy.

03/26: Woke up at 9am and had a cup of coffee and scrambled eggs with toast for breakfast. Laid around the house all day and didn't accomplish a single thing. Felt unmotivated so had no reason to do anything. Forgot to eat lunch because I wasn't hungry. Had a phone call with backup Champ about organizing the return of head Champ's gear to the cage after they were both commissioned to work over the last two weeks. Made myself leftovers for dinner around 9pm. Continued to do nothing until bed. Went to bed at 2am. Overall mood of today: Sloth.

03/27: Woke up at 10am this morning, made myself three cups of coffee and an apple for breakfast. At around noon began working on some papers that were coming up and made some decent progress. Had a bowl of carrots for lunch. Continued to work on the papers until around 7pm when I turned on the TV and passed out for an hour. Woke up and continued to watch TV until Da Boyz of the MSU Spirit Squad had happy hour over a zoom call at 10pm. Would then find myself dared into opening a new bottle of Pendleton (My favorite Canadian Whiskey) and finish the whole thing by the end of that night. Lost track of the time after 600mL of the 750mL bottle. Little bit after the call ended I finished the bottle and sent a picture of it to the group chat to verify I had finished it. This was my first time drunk and drinking more than a single drink in a night. No idea what time I went to bed, the last time I can remember on my clock was 3:03am. Overall mood for the day: Driven.

03/28-29: Woke up Saturday morning at around 10:30am without a hangover was curious if I was still drunk so spent a cool morning not doing anything besides watching TV. Made three eggs for breakfast on toast. Didn't feel sick at all after the night before and got messages from most of the boys about how I felt. All of them were pissed that I felt perfectly fine and were curious on what it would take for me to get a hangover like the rest of them. Didn't have lunch.

Lounged around until 8pm when I made Smoked sausage and chocolate milk for dinner. Began watching the Book of Eli that night. Went to bed at 1:30am that night. Woke up that Sunday perfectly fine at 9am. Called my father that morning and talked for a little bit until I realized I forgot to eat breakfast and lunch and decided to make a snack at around 2pm. After my snack I went to Costco with my mask on and did some shopping for some essentials and to start a diet of fruit and vegetables for the majority of my intake. Drove around for a little bit after that and would get back home at a little past 7pm. At around 8pm I made myself a chicken Caesar salad for dinner with chocolate milk. Played video games for the rest of the night forgetting I had homework. Went to bed at 2am. Overall mood for the weekend: Sluggish.

03/30: Woke up at 9am and made myself coffee and chocolate milk for breakfast. Sat around until noon when I started to work on some homework for the next couple hours. Had a strawberry and banana smoothie for lunch. After that would find myself caught up in reading books from my classes until 10pm. Didn't eat dinner tonight, wasn't hungry. Realized I had spoken a single word today or talked to anyone since yesterday. Reminded me of how lonely I am most of the time. Made myself an Old Fashioned and sat in the living room in the dark until I heard the clock strike 2am. Went to bed shortly after that. Overall mood for today: Lonely.

03/31: Woke up at 9am again but didn't get out of bed until 1pm. Didn't eat breakfast or lunch today, wasn't feeling hungry. Wasn't motivated to do anything so I moved out to my living room and laid on the couch until 8pm. I knew I needed to eat something even though I didn't feel hungry, so I made myself a chicken Caesar salad for dinner and took well over two hours to eat it. Sat in a dark house for the rest of the night staring at nothing until bedtime at 2am again. Realized for the second day in a row I hadn't spoken to anyone. Overall mood today: lonely and depressed.

04/01: Woke up on April Fool's day at 7am to a phone call from my twin who is stationed in San Francisco. He told me he was getting engaged, in which I chewed his ass out for a joke that wasn't funny to me since he had just gotten a divorced from his high school sweetheart two months earlier. Got me really riled up and angry that I hung up the phone and cried a little bit. That was the first time I've cried in a very long time and ruined my day that I felt was already going to be rough. Didn't have breakfast or lunch today since I was very upset. Couldn't get myself to do more work than some reading for my classes. Finally made myself some dinner around 10pm by making some tomato soup. Finally got a glimmer of light when a person I've been wanting to talk to texted me at 11:30 and we would have a conversation until 2am when we both went to bed. Overall mood for the day: Angry then at the very end Coasting.

04/02: Woke up at 8:30am with a smile on my face. Went and made myself breakfast eggs and toast for breakfast with a cup of coffee and chocolate milk. Worked on homework through most of the day and read books. Made a chicken sandwich for lunch at 2pm. I continued with homework until I decided to go on a hike at 7pm to watch the sunset from the top of drinking horse trail. Got down off the mountain by 9:30 and took my time driving home. Made it home and made a chicken Caesar salad for dinner with chocolate milk. After dinner I made myself a drink and watched both versions of the movie 3:10 to Yuma. Went to bed around 2:30am. Overall mood for today: Timid.

04/03: Woke up at 10am today to have a webex meeting with Athletics about what the summer and the end of the year will entail for us. Got a call from the team psychiatrist after finding out about my mental state from my friends and made me set up weekly meetings with

him. Didn't make breakfast since it was far past time for that. So, I made lunch at 1pm by throwing together a fruit bowl. Spent the next couple of hours reading and writing papers until 6pm when I had a team webex meeting to check in on everyone and nominate who of the upcoming seniors were going to take charge of the beginning of next season. Coach put me in charge instead of putting it to a vote and all the current Juniors and Sophomores agreed I would be able to command it. The meeting got done around 8pm so I went to make dinner. Got distracted going into the kitchen and ended up forgetting to make dinner tonight and ended up not eating anything. Went back to working on some homework and games. Went to bed around 2am. Overall mood for the day: prideful.

04/04-05: Woke up at 9am and made eggs, toast, and bananas. Went about my day and didn't do anything besides watch Longmire and rest. Didn't eat lunch because I wasn't hungry. Made myself Chicken for dinner around 8pm. Had a zoom call with a friend I've been looking forward to talking with after dinner, and we talked until midnight. Sat and watched more Longmire after that until 3am and went to bed. Overall mood for today: Meh. Sunday, I woke up at 8am to make breakfast for my roommate and I since this was her only day off and only day she'd be home. I made us breakfast burritos with bacon and hash browns, also can't forget the chocolate milk. After breakfast I worked more on my papers and turned in 6 today four for two classes each having two and then the other two went to my other classes. By the time I was done my day had all but gone past and it was 1am. I had forgotten to eat lunch and dinner and was okay with that. Went to bed at roughly 1:30am. Overall mood for today: accomplished.

04/06: Woke up later than usual today at 11am and made a mug cake for breakfast with a coffee and chocolate milk. Took the day off from writing papers and began reading another book for one of my classes and actually really enjoyed it. Today I found out how much women's history and their struggles in American society really connected with me and got me to borrow a couple more books on the topic. Didn't eat lunch today which is alright, I don't get hungry a lot and forget even more often than that. After a little while turned one more movies and played on my phone until dinner time at 9pm tonight where I put on a roast for the next couple of days and made a steak for tonight. Prime cut T-Bone from a B&S Corriente Co. cow. (That's my family cattle company.) Made a Manhattan with my steak and enjoyed Seven Brides for Seven Brothers for my movie tonight. Went to bed at midnight tonight, I know that super early.

04/07: Today was a big day, I woke up at 7am to go on a morning hike to watch the sky wake up. Brought a PB & Banana sandwich for breakfast on top of the College M trail. Got home at 10:30am took a shower before my zoom call with the team Psychiatrist (Note: noticed this is the first time I've mentioned a shower. I have taken one to two everyday of this, just forgot to mention them since they aren't important. Also, the Psychiatrist's name is Aaron.) Took the call with Aaron at 11am and that went until noon. At that time, I made another PB & Banana sandwich for lunch since the one this morning was so good. Did some reading until 4 came around, and that's when my day was made. I had a movie date tonight with my friend I've been talking about a couple times. Her name is Bella and we watched Skyfall together. We had a blast as I love movies and put commentary in them all the time. She laughed and enjoyed my commentary and we had a ton of fun. After the movie we turned on some music and danced for a couple of hours. Midnight rolled around, and she went home. During all of that I realized I forgot to eat dinner, but it didn't matter. I went to bed at 2am, again. Overall mood today: Star-struck.

04/08: Woke up at 9am to start doing some chores around the house, and as I was working on the yard a pipe broke outside in the ground. I went to Ace to get the replacement parts and redid the whole underground pipe. Told my landlord who thanked me and said I didn't need to do that since she could have had it covered. Did it anyways. Went inside about 12:30 and made food for myself. A Strawberry and banana smoothie with chocolate milk mixed in. Laid around the house the rest of the day until dinner time when I remembered I was slow cooking a roast for the last two days. Opened it up and it was beautiful, so tender and falling off the bone. It's a really good thing I put it on low while cooking it. Had that and then watched I Am Legend while enjoying a Moscow Mule. Went to bed around 1am. Overall mood today: tired.

04/09: Woke up in a panic at 7am when I realized that I had to drop a class today since we weren't sure if I could reach the passing level since the class was a struggle compared to my others. Worked with Athletics, my Academic Coordinator, and professor to finally get this submitted and put through. Skipped breakfast and lunch since I was struggling this morning. Didn't do anything that day since I was defeated. Waited until dinner where I ordered a pizza since I couldn't pull myself to cook. Ate that and watched both Sherlock Holmes movies. Went to bed around 2am. Overall mood for today: A Failure.

04/10: Woke up to have a cup of coffee and chocolate milk for breakfast and then a banana a little later. Sat myself down to work on more papers since that's all my degree basically consists of now that we aren't in classrooms. Around 3pm made myself Smoked sausage for lunch with a small salad. Went back to working on my papers until 5:30 when I threw on a suit for my team zoom call. At 6pm had the team zoom call to check in again and then discuss the dismissal of our dance coach and say our goodbyes. That meeting didn't last very long, and we were back to ourselves at around 7:30pm. So, after that I decided I wanted to go for a walk at the park. I went to the park and walked until sundown. I got home after that around 9:15pm and made macaroni and cheese from scratch for dinner. Watched the John Wayne movie Chisum tonight. I went to bed around 2am. Overall mood for the day: Meh.

04/11-12: Woke up Saturday at 9am with no plans to do anything so I laid in bed until noon and got up to go make myself a cup of coffee and some chocolate milk for breakfast. Sat around and played video games for most of the day and watched a movie here and there. Didn't have lunch since I wasn't hungry. Would end up having Dinner at around 10pm. Made spaghetti and a whiskey on the rocks while I watched more Longmire. Went to bed at around 2am. Overall mood for today: Quiet. Woke up Sunday at 5am to drive back home to surprise my family for Easter Sunday when I saw that we had been hit with a snow storm and knew I couldn't drive in it at the state I was feeling, so I went back to bed and woke up at 8am. Called my parents to say happy Easter and sorry I couldn't come to visit. They understood and told me they are glad I didn't. Went about my day and didn't have breakfast. Made lunch at 1pm and would get to work on some papers and would turn them in that night. Around 9pm I made Ramen and eggs for dinner. Watched some random movies for the night and would go about my night. Went to bed at 2am. Overall mood today: Accomplished.

04/13: woke up at 9am like usual and made myself eggs and toast for breakfast with a cup of coffee and chocolate milk. Took an exam at 11am today with my UN group and felt good about it. At around 1:30pm I made lunch with hot dogs, Shells and cheese. Did some more reading for classes until dinner time where I made Chicken Parm. Watched Lincoln and There Will Be Blood for my movies. Went to bed at 2am. Overall mood today: Content.

04/14: Woke up at 9am to get a phone call from my mother about what was going on at the ranch. Made eggs on toast for breakfast with Chocolate milk. Didn't do anything today besides lay around and watch Longmire and Hell on Wheels. Made dinner around 9pm. Was simple Ramen and eggs. Watched more TV until 2am and went to bed.

04/15: Made a mistake today and didn't do or eat anything, also forgot to keep track of things I might have done so poor entry. Overall Mood: Unknown????

04/16: Woke up at 7am and went for a jog for an hour or so. Got home took a shower and had breakfast potatoes at 9:30am. Sat around for a couple of hours playing on my phone. 1pm comes around and I get back to work on reading and papers until dinner time since I didn't eat lunch. Made a chicken patty sandwich with a salad and chocolate milk. I watched a Clint Eastwood movie set tonight. Went to bed at 2am. Overall mood for today: Calm.

04/17: Woke up this morning with a small pain in my chest and couldn't figure out why. Not sure what time it was but it was early. Went and took some pain meds and sat in my recliner with a book to start the day. Read through both breakfast and lunch until 4pm when I got up and had an apple for a snack. Watched Big Jake and after a bit decided to go on another hike up Drinking horse trail. Go back down and get home after 9pm. Made smoked sausage and cheesy noodles for dinner. Would watch Star Wars tonight. Went to bed around 2am.

04/18-19: Woke up Saturday with plans to do nothing and that's exactly what I did, nothing. Laid around and watched TV all day until dinner when I made eggs and toast. Continued to watch TV and began some more work on papers. Went to bed at 2am. Overall mood today: lazy. Woke up Sunday at 10am to get right back to work on papers and submitted them by the end of the night. After 8 papers in one day I felt like I deserved to make myself a Crown Royal Vanilla and a movie. Finished my research paper on Whiskey after the movie. I then went to bed at 2am.

04/20: What a beautiful day it was today. Woke up at 9am and gave my cat Tuxe some catnip for blazing day. Though I do not believe in this millennial day of drug use and hash, I do understand why others do. So, I treated my cat with his drug and played with him all morning. Made three eggs for breakfast and some chocolate milk. Wrote two reflections today and then got a message from Bella. She was having a poor day, so she asked if she could come see my animals and hangout. We hung out and had dinner and watched movies until she went home at midnight. After she left, I drove my way back to Shepherd and arrived there at 3:30am.

04/21: Woke up at 8am to begin working on my pickup and ended up being out there for 5 hours without realizing it. Came in for lunch where I had a sandwich at 1pm. At 1:30pm I would go out to my ranch and go shooting and work on my target practice. Came back to work on the pickup and finished replacing three houses and the water pump. Accidently dislocated my thumb while readjusting the damn thing but was able to fix it since it's not my first time doing so. Ended up not getting finished but needed to head back to Bozeman so at 6pm I began my drive back since I forgot my computer. Got back past 9pm and didn't have dinner, so I watched a movie. Went to be at 1am. Overall mood for the day: spiteful.

04/22: Woke up later at 10am and made toast for breakfast with a cup of coffee and chocolate milk. At 11am I got a call from Bella asking for help fix a sink in her house. So, I went over to her place and fixed the sink, after that I found out of the bathroom sink and drains not working, so I fixed those while I was there. For a while after I fixed them we talked and went for a walk. After

the walk I went home and made myself dinner at 9pm. Watched a movie and went to bed at 2am.

04/23: Woke up at 9am to make breakfast for my cat and I with some bacon, sausage, and hash browns. Would get to work on some homework until 4pm came around. Bella asked if she could come hang out, so we hung out until midnight again watching movies, dancing, and baking brownies. Not a lot to talk about today but it was a great day. Went to bed at 2am. Overall mood for today: blissful.

04/24: Woke up at 9am and made a breakfast burrito. Worked more on some homework and then got dressed up in my white tuxedo for my team award banquet over zoom. At 3 we had the meeting and knew I wasn't going to get anything since my job is mostly relegated to me doing the work on my own and away from my team, so they forget I am around most of the time. Was upset enough to not have dinner and put on a movie. Went to bed around 2am.

04/25: Woke up at 9am to get back to work on some papers and readings. Made myself pancakes for breakfast and continued work with a group on a paper. Wouldn't have lunch since I wasn't hungry. Brent arrived into town around 2pm and we hung out until long past 4am. We watched Killer Klowns from Outer space and played video games when Triston and Finn arrived a little after 7pm. We had pizza for dinner and shared a drink. As mentioned earlier went to bed around 4:30am. Overall mood for today: ecstatic!

04/26: Woke up at 9am again, feeling miserable since I didn't sleep well or long. Didn't have breakfast this morning. Wrote papers all day and turned in the ones due that night. Made myself a roast and mashed potatoes for dinner around 8pm. Watched Hell on Wheels until I went to bed at 2am.

04/27: Woke up at 9am to have cereal for breakfast. Work on and Submitted some of my final pieces of homework of the school year today. I laid down after submitting my last of my major papers and just rested. Knowing all I had left in the year was a newspaper submission and some smaller works. Went out to get a burger for dinner. At 8pm went for a walk in the park until sundown. Got home and watched Hell on wheels until I went to bed at 2am. Overall mood for today: Meh.

04/28: Didn't wake up until 11am today and decided to skip breakfast for some fruit. Played video games until I made lunch 2pm. Asked Bella if she wanted to have dinner with me tonight, something I would make. She said yes so, I got dressed up in a western suit and got everything ready to make Beef Stroganoff for her tonight. We had dinner and shared a drink. Watched Captain America Winter Soldier together and planned on another date for the upcoming Sunday. She left at midnight again, and I went to bed at 2am. Overall mood for the day: happy.

04/29: Woke up at 9am to start my day off with a massive bloody nose and blood covered sheets. So, I got up and did a full load of laundry. Replaced the sheets and made the bed. Skipped breakfast. Worked on two more papers and submitted them pretty early. Made chicken for lunch at 3pm. Went about the rest of the night working on some more papers and then got an email from a professor saying he forgot to tell us we have a paper due for finals week instead of taking a test. Got angry and messaged my group, over consensus of us that we were pissed. Made dinner at 9pm, eggs and toast. Watched Once upon a time in the West. Went to bed at 2am. Overall mood for the day: Pissed!

04/30: Woke up at 10am and laid there until cat made me get out to feed him at noon. Did some more reading and writing for a couple of hours and skipped breakfast. Had lunch around

2pm with a chicken sandwich. Watch Once upon a time in Hollywood and Inglorious Bastards. Played some video games until bed at 2am.

05/01: Woke up at 7am this morning to my cat howling out the window at another cat from the neighborhood. Didn't feel much like moving so I laid in bed until noon when I go up and began working on homework. At 9pm I intend to drive back to Shepherd to switch vehicles to help a friend move later this weekend. Plans past that are yet to be determined, bedtime unknown. Overall mood for today: Content.