

DATE:

Daily MOOD Tracker

MTWTFSS

Sleep Hours:	Energy Level:	Stress Level:
	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Today I am feeling:

<input type="checkbox"/> happy	<input type="checkbox"/> energized	<input type="checkbox"/> empowered	<input type="checkbox"/> overwhelmed	<input type="checkbox"/> motivated
<input type="checkbox"/> grateful	<input type="checkbox"/> content	<input type="checkbox"/> sad	<input type="checkbox"/> confused	<input type="checkbox"/> unmotivated
<input type="checkbox"/> optimistic	<input type="checkbox"/> tired	<input type="checkbox"/> anxious	<input type="checkbox"/> proud	<input type="checkbox"/> bored
<input type="checkbox"/> worried	<input type="checkbox"/> lonely	<input type="checkbox"/> at peace	<input type="checkbox"/> annoyed	<input type="checkbox"/>

Why do I feel this way?

.....

.....

3 things I am Grateful for:	3 Goals for Today:
1.	
2.	
3.	

MOOD AM							
MOOD PM							

Today's Self-Care:

<input type="checkbox"/> walk	<input type="checkbox"/> yoga	<input type="checkbox"/> shopping	<input type="checkbox"/>
<input type="checkbox"/> meditate	<input type="checkbox"/> family	<input type="checkbox"/> read	<input type="checkbox"/>
<input type="checkbox"/> workout	<input type="checkbox"/> friends	<input type="checkbox"/> journal	<input type="checkbox"/>
<input type="checkbox"/> bath	<input type="checkbox"/> hobbies	<input type="checkbox"/> play	<input type="checkbox"/>

Did I have enough?	Yes	No
water		
vitamins		
fruits/vegetables		
fresh air		
free time		

What can I do to make my next day better?

.....

.....

Thoughts & Reflections:

.....

.....

.....