

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Daily Reflection & Habit Tracker

**Learning Objective:** Students will cultivate self-awareness and emotional regulation by tracking daily habits and engaging in structured weekly reflections.

## Daily Mood Tracker

How are you feeling today? Rate your overall mood on a scale of 1 to 10 (1 = low, 10 = high).

1 2 3 4 5 6 7 8 9 10

My mood rating today is: \_\_\_\_\_

**Emotion Check:** Circle the word that best describes you:  
Calm / Excited / Tired / Anxious / Content / Frustrated



Visual Reminder: A calm mind helps us grow just like a garden.

## Healthy Habit Check-in

**Water Intake:** How many glasses of water did you drink today?  
(Target: 8 glasses)

**Hours of Sleep:** How many hours did you sleep last night?  
(Target: 8-10 hours)

**Physical Activity:** Describe your activity today.  
(Low / Moderate / High)

## Win of the Day

Document one positive experience or accomplishment from today. What made it a "win"?

Strategy Focus: Metacognitive Calibration—use this data to notice patterns in your mood over time.

# Weekly Reflection & Mindful Growth

## Weekly Stressor Analysis

Think about this past week. What was the primary thing that caused you stress or worry? (Identify the stressor)

**Proactive Coping:** Brainstorm one strategy you can use next time to handle this stressor before it feels overwhelming.

## Gratitude Practice

1. Who is one person who brought you joy this week? How did they help?

2. Describe a specific moment where you felt happy, calm, or at peace.

3. What is something about yourself that you are proud of this week?

## Reflective Synthesis

**Elaboration:** What did you learn about your habits, mood, or personality this week? Why do you think you felt the way you did?

**Planning for Success:** What is one actionable change you want to make for next week?