

Name: _____

Date: _____

My Wellness Journey: Habits & Mindset

Advance Organizer: The Mind-Body Connection

Our physical habits—like how much we sleep, the water we drink, and how we move—act as the foundation for our mental health. When our bodies are well-rested and hydrated, our brains can better manage stress and stay focused. This week, we will track these indicators to see how they impact our daily mood.

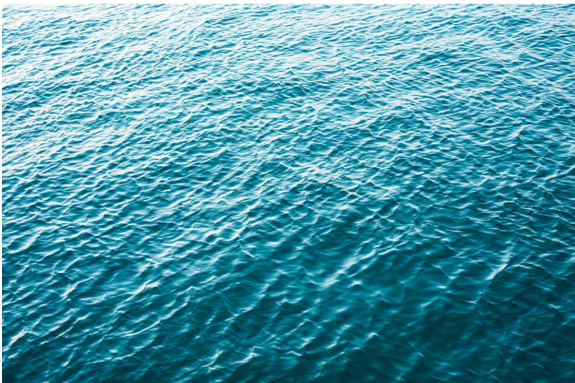
Weekly Habit Tracker

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep Logs (Hours)							
Hydration (Water Cups)							
Activity (Exercise type)							

Metacognitive Calibration: My Self-Care Focus

1. Set one realistic self-care goal for this week:

2. Predict how achieving this goal might influence your daily mood:



A calm mind starts with a healthy body.

Why Track Our Habits?

Self-awareness is the first step toward change. By noting down your physical indicators, you can start to see correlations. For example, you might find that on days where you drink 8 cups of water, you feel more energetic and less irritable. Use this page daily to build your awareness.

Weekly Reflection & Growth Journal

Daily Mood Reflection

Use the mood scale to track your emotional fluctuations this week. Identify which color best represents your feelings for each day.

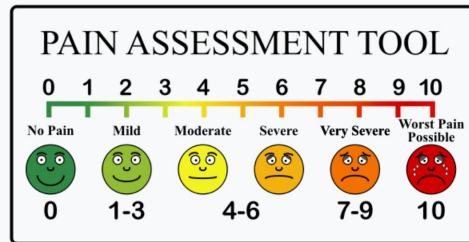
Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____



Mood scale chart for emotional tracking

Deep Dive: Elaboration & Self-Explanation

1. What was one challenge today and how did I respond to it?

2. Describe a moment where you explained a difficult concept to yourself or someone else. What steps did you take to make it clear?

3. What is something you understand better now than you did at the start of the week?

Growth Mindset: Weekly Wrap-Up

Identify one thing you are proud of or one lesson learned from your data this week:

Designing My Daily Healthy Routine

Consistency is key to wellness. Map out your ideal daily habits below. Check off the habits you want to commit to and track how each part of the day affects your mood.

* Morning: Rise & Shine

List 3 Morning Habits (e.g., Stretching, Glass of water, Reading):

Target Morning Mood:



▣ Afternoon: Focus & Recharge

List 3 Afternoon Habits (e.g., Healthy lunch, 10-min walk, Deep breathing):

Target Afternoon Mood:



▣ Evening: Wind Down & Reflect

List 3 Evening Habits (e.g., No screens 1hr before bed, Journaling, Prep clothes):

Target Evening Mood:



Metacognitive Wrap-Up: Why is it important to align your daily activities with your energy levels and mood goals?