

# Daily MOOD Tracker and Journal

BELONGS TO

## Daily MOOD Tracker MIWIFSS

Sleep Hours:	Energy Level:			Stress Level:				Stress Level:		
	00000	0000	$\circ$	000	00000		0			
	Today I am feeling:									
happy grateful optimistic worried  Why do I feel	lonely	empowers sad anxious at peace		overwhel confused proud annoyed						
3 thir	ngs I am Grateful t	for:		3 Go	pals for Today:					
2.										
3.										
MOOD AM			MOC	DD PM 😈						
	Today's S	elf-Care:			Did I have enough?	Yes	No			
walk walk	yoga	shopping			vitamins					
meditate	family	read .	<u> </u>		fruits/vegetables fresh air					
workout	friends	journal			free time					
☐ bath	hobbies	play	Ш							
What can I do	to make my n	ext day bett	er?							
Thoughts & R	Reflections:									

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		Today I a	m feeli	ing:				
happy grateful optimistic worried	energized content tired lonely	content sad confused unmotivated anxious proud bored						
Why do I feel	this way?							
3 thir	ngs I am Grateful t	for:		3 Go	oals for Tod	ay:		
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MOOD AM			МОС	DD PM 😈		<u> </u>	<u> </u>	
	Today's S	elf-Care:			Did I have e		Yes	No
□ walk	yoga	shopping			vitamii			
 meditate	 family	read			fruits/vege	tables		
—	 friends	 journal			fresh c	ric		
bath	hobbies	play			free tir	ne		
What can I do to make my next day better?								
Thoughts & R	eflections:							

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		Today I a	m feeli	ng:				
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Why do I feel	this way?							
3 things I am Grateful for: 3 Goals for Today:								
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MOOD AM			MOC	DD PM 😈		<u> </u>		
	Today's S	elf-Care:			Did I have er		Yes	No
□ walk	yoga	shopping			water vitamir			
meditate	☐ family	read			fruits/vege			
□ □ workout	friends	iournal			fresh a			
bath	hobbies	play			free tin	ne		
What can I do	to make my n	ext day bett	er?					
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happy grateful optimistic worried	energized content tired lonely	empowers sad anxious at peac		overwhel confused proud annoyed	l u	notivated nmotivat ored		
Why do I feel	this way?							
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MOOD AM			MOC	DD PM 🕃	© ©	<u> </u>	3) (2	
	Today's S	Self-Care:			Did I have e		Yes	No
walk walk	yoga	shopping			vitam			
meditate	family	read			fruits/veg	etables		
workout	friends	journal			fresh			
☐ bath	hobbies	play	<u> </u>		free ti	me		
What can I do	to make my n	ext day bett	er?					
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3 thir	ngs I am Grateful f	for:		3 Go	als for To	day:		
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walk meditate workout bath	Today's S  yoga family friends hobbies to make my ne	shopping read journal play	     		Did I have wat vitan fruits/veg fresh free t	er nins getables air rime	Yes	No
Thoughts & R	Reflections:							

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### MY NOTES

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