



Daily Check-in Tracker

Log your daily energy and emotional patterns to build better self-awareness and focus.



Daily Log for the week of: _____

Day	Sleep (Hours)	Energy (1-5)	Mood (Emoji)	Notes
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



Weekly Reflection



What boosted my energy this week?



What drained my energy?



What can I change for next week?



Mood & Energy Key

- 1 = Tired
- 2 = Low energy
- 3 = Moderate
- 4 = High
- 5 = Peak performance

