

Weekly Mood / Wellness Tracker

Track daily mood and wellness factors to notice patterns, changes, and supports that may affect how you feel.

Week of:

Daily Check-In	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Overall mood (0-10) 0 = very low 10 = very positive							
Anxiety / stress (0-10) 0 = none 10 = very high							
Energy (0-10) 0 = very low 10 = very high							
Sleep (hours) Approximate total hours							
Sleep quality (0-10) 0 = poor 10 = excellent							
Physical activity (minutes) Intentional movement / exercise							
Social connection (0-10) 0 = disconnected 10 = connected							
Self-care (0-10) How well did you care for your needs?							

Daily Notes / Significant Events Briefly note stressors, positive events, changes in routine, or anything else that may have influenced your day.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Weekly Reflection

What patterns did I notice this week?

What seemed to help my mood or wellness?

What would I like to pay attention to next week?