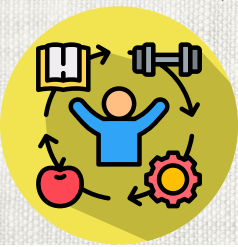


# ENHANCING WELLBEING

A Mood and Habit Tracking Tool for Personal Growth



Name: \_\_\_\_\_ Week / Month: \_\_\_\_\_

## Mood Tracker

Color or mark your mood each day:

- Happy
- Calm
- Neutral
- Sad
- Stressed
- Frustrated
- Tired

Day	Mood
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

## Habit Tracker

Check off each day you complete the habit:

Habit / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink enough water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise / Move body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice self-care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use a coping skill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get enough sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Reflection

What patterns do I notice between my mood and habits?

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## Weekly Insight

What helped improve my mood this week?

What made things more difficult?

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## Next Steps

**One habit I want to focus on:**

**One small change I can make:**

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**"Awareness is the first step to positive change."**