

MONDAY

Mood

happy ☐

unhappy ☐

angry ☐

anxious ☐

Nutrition

☐ Protein 

☐ Carbohydrates 

☐ Good Fats 

☐ Fruits 

☐ Veggies 

☐ Water 

☐ Fried Food 

☐ Candy/Sweets 

Exercise (60 mins.)



☐ Yes ☐ No

Sleep (8-10 hrs.)



____ hours

TUESDAY

Mood

happy ☐

unhappy ☐

angry ☐

anxious ☐

Nutrition

☐ Protein 

☐ Carbohydrates 

☐ Good Fats 

☐ Fruits 

☐ Veggies 

☐ Water 

☐ Fried Food 

☐ Candy/Sweets 

Exercise (60 mins.)



☐ Yes ☐ No

Sleep (8-10 hrs.)



____ hours

WEDNESDAY

Mood

happy ☐

unhappy ☐

angry ☐

anxious ☐

Nutrition

☐ Protein 

☐ Carbohydrates 

☐ Good Fats 

☐ Fruits 

☐ Veggies 

☐ Water 

☐ Fried Food 

☐ Candy/Sweets 

Exercise (60 mins.)



☐ Yes ☐ No

Sleep (8-10 hrs.)



____ hours

THURSDAY

Mood

happy ☐

unhappy ☐

angry ☐

anxious ☐

Nutrition

☐ Protein 

☐ Carbohydrates 

☐ Good Fats 

☐ Fruits 

☐ Veggies 

☐ Water 

☐ Fried Food 

☐ Candy/Sweets 

Exercise (60 mins.)



☐ Yes ☐ No

Sleep (8-10 hrs.)



____ hours

FRIDAY

Mood

happy ☐

unhappy ☐

angry ☐

anxious ☐

Nutrition

☐ Protein 

☐ Carbohydrates 

☐ Good Fats 

☐ Fruits 

☐ Veggies 

☐ Water 

☐ Fried Food 

☐ Candy/Sweets 

Exercise (60 mins.)



☐ Yes ☐ No

Sleep (8-10 hrs.)



____ hours

SATURDAY

Mood

happy ☐

unhappy ☐

angry ☐

anxious ☐

Nutrition

☐ Protein 

☐ Carbohydrates 

☐ Good Fats 

☐ Fruits 

☐ Veggies 

☐ Water 

☐ Fried Food 

☐ Candy/Sweets 

Exercise (60 mins.)



☐ Yes ☐ No

Sleep (8-10 hrs.)



____ hours

SUNDAY

Mood

happy ☐

unhappy ☐

angry ☐

anxious ☐

Nutrition

☐ Protein 

☐ Carbohydrates 

☐ Good Fats 

☐ Fruits 

☐ Veggies 

☐ Water 

☐ Fried Food 

☐ Candy/Sweets 

Exercise (60 mins.)



☐ Yes ☐ No

Sleep (8-10 hrs.)



____ hours