

I have the power
to choose how
I act and react.

MONDAY

Sleep

 _____ hours

Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



_____ hours
with family/
friends

Media

_____ screen
hours 

_____ phone
hours 

Mood

happy ☐

unhappy ☐

angry ☐

TUESDAY

Sleep

 _____ hours

Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



_____ hours
with family/
friends

Media

_____ screen
hours 

_____ phone
hours 

Mood

happy ☐

unhappy ☐

angry ☐

WEDNESDAY

Sleep

 _____ hours

Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



_____ hours
with family/
friends

Media

_____ screen
hours 

_____ phone
hours 

Mood

happy ☐

unhappy ☐

angry ☐

THURSDAY

Sleep

 _____ hours

Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



_____ hours
with family/
friends

Media

_____ screen
hours 

_____ phone
hours 

Mood

happy ☐

unhappy ☐

angry ☐

FRIDAY

Sleep

 _____ hours

Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



_____ hours
with family/
friends

Media

_____ screen
hours 

_____ phone
hours 

Mood

happy ☐

unhappy ☐

angry ☐