

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



MONDAY

Sleep



Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



____ hours
with family/
friends

Media

____ screen
hours



____ phone
hours



Mood

happy ☐

unhappy ☐

anxious ☐

TUESDAY

Sleep



Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



____ hours
with family/
friends

Media

____ screen
hours



____ phone
hours



Mood

happy ☐

unhappy ☐

anxious ☐

WEDNESDAY

Sleep



Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



____ hours
with family/
friends

Media

____ screen
hours



____ phone
hours



Mood

happy ☐

unhappy ☐

anxious ☐

THURSDAY

Sleep



Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



____ hours
with family/
friends

Media

____ screen
hours



____ phone
hours



Mood

happy ☐

unhappy ☐

anxious ☐

FRIDAY

Sleep



Nutrition



☐ healthy ☐ fried/sweets

Exercise

☐ yes

☐ no



Quality time



____ hours
with family/
friends

Media

____ screen
hours



____ phone
hours



Mood

happy ☐

unhappy ☐

anxious ☐