

Mood Tracker

○	○	○	○	○
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○

Happy
Relaxed
Content



Energetic
Focused
Creative



Lazy
Blah
Just No



Annoyed
Tired
Sick

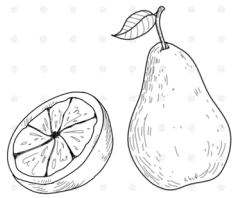


Stressed
Emotional
Angry



Affirmations





Wellness Tracker



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Nutrition:
Eat more fruits
& Veggies

Hydration:
Drink more
H2O

Fitness:
Play more

Wellness:
Sleep more

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nutrition: Eat more fruits & Veggies							
Hydration: Drink more H2O							
Fitness: Play more							
Wellness: Sleep more							

Self Care



Relaxation



Expression



Health



Companionship



What to Do to De-stress

