

SELF CARE & MOOD

WEEK OF: _____

DAILY MOOD TRACKER

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MORNING RITUALS

Hydration (8oz water)

Movement / Stretching

Meditation / Silence

Healthy Breakfast

EVENING REFLECTION

Digital Detox (1hr before bed)

Journaling / Gratitude

Skincare Routine

Sleep (7-8 Hours)

MINDFULNESS & NOTES