

HABIT & MOOD TRACKER

Month: _____ Year: _____

Day of
Month 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Exercise

Reading

Meditation

Hydration
(2L)

No

Spending

Sleep
(8hrs)

Mood

Level (1-
5)

Energy
Level

5 - Amazing

4 - Good

3 - Neutral

2 - Low

1 - Struggling