

SELF CARE & MOOD TRACKER

Month: _____ Year: _____

Radiant
Content
Neutral
Tired
Low

HABIT / DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Daily Mood

8hrs Sleep

Hydration

Movement

Meditation

No Screens < 1hr

REFLECTIONS & GRATITUDE