**Mood Chart**

Fill in a mood chart for 4 weeks beginning from today.

* write the date on the left side
* tick the mood
* write down a key word/phrase that influenced your mood that day (e. g. too much homework, news: end of lockdown, I went running, etc.)

We can plot your results in about 4 weeks when we are back in school (see picture below). It is important that you track your mood and movement every day to have solid results.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** | **Keyword** |
| **Date** |  |  |  |  |  |  |
| **1.2.2021.** |  |  | + |  |   | Netflix |
| **2.2.2021.** |  |  |   | + |  | Video games |
| **3.2.2021.** |  |  |  |   | + | Hanged out with friends |
| **4.2.2021.** |  |  |  |   | +  | Productive day |
| **5.2.2021.** |  | + |  |   |  | Busy day |
| **6.2.2021.** | + |  |   |  |  | Boring day |
| **7.2.2021.** |  |  +  |  |  |  | Had too much work |
| **8.2.2021.** |  |  |  |   | + | Family |
| **9.2.2021.** |  |  |  | + |   | Video games |
| **10.2.2021.** |  |  |  +  |  |  | Lazy day |
| **11.2.2021.** |  |  |  |   | + | Hanged out with friends |
| **12.2.2021.** |  |  |  |  |  +  | Friend's birthday |
| **13.2.2021.** |  |   |   |  | + | Productive day |
| **14.2.2021.** |  |  |   | + |  | Reading books |
| **15.2.2021.** |   |  | + |  |  | School |
| **16.2.2021.** |  | + |   |  |   | Had too much work |
| **17.2.2021.** |  | + |   |  |  | Math exam |
| **18.2.2021.** |  |  |   | + |  | Fun day |
| **19.2.2021.** |  |   |  |   |  +  | Hanged out with friends |
| **20.2.2021.** |  |  |  |  |  + | Hanged out with friend |
| **21.2.2021.** |  | + |  |  |  | Studying  |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **1.2.2021.** | **Watching shows on Netflix** | **Whole afternoon** |
| **2.2.2021.** | **Playing video games with friends** | **3 hours** |
| **3.2.2021.** | **Hanging out with friends** | **5 hours** |
| **4.2.2021.** | **Running**  | **1 hour** |
| **5.2.2021.** | **Studying** | **2 hours** |
| **6.2.2021.** | **Sleeping** | **Whole afternoon** |
| **7.2.2021.** | **Studying** | **3 hours** |
| **8.2.2021.** | **Hanged out with family** | **Whole afternoon** |
| **9.2.2021.** | **Playing video games with friends** | **3 hours** |
| **10.2.2021.** | **Watching shows** | **4 hours** |
| **11.2.2021.** | **Hanged out with friends** | **5 hours** |
| **12.2.2021.** | **Surprised a friend for birthday** | **2 hours** |
| **13.2.2021.** |  **Exercising** | **2 hours** |
| **14.2.2021.** | **Reading books** | **3 hours** |
| **15.2.2021.** | **Was in school** | **6 hours** |
| **16.2.2021.** | **Studying** | **3 hours** |
| **17.2.2021.** | **Had a math exam** | **45 mins** |
| **18.2.2021.** |  **Went cycling** | **2 hours** |
| **19.2.2021.** |  **Hanged out with friends** | **5 hours** |
| **20.2.2021.** | **Hanged out with friends** | **5 hours** |
| **21.2.2021.** | **Doing homeworks** | **4 hours** |

