**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** |  |  |  + |  |   |  I went walking with my friends |
| **2.2.2021** |  |  |  |  |  + |  It was my birthday |
| **3.2.2021** |  |  |  + |   |  |  I was exhausted |
| **4.2.2021** |  |  |  |  |  + | Received really exciting news |
| **5.2.2021** |  |  |  + |  |   | Too much homework |
| **6.2.202** |  |   |   |  |  + |  It was Saturday finally |
| **7.2.2021** |  |  |  |  |  + | Saw my grandmother for the first time after a long time  |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **1.2.2021** | **-** | **-** |
| **2.2.2021** | **-** | **-** |
| **3.2.2021** | **Running**  | **30 mins** |
| **4.2.2021** | **-** | **-** |
| **5.2.2021** | **Running** | **30 Mins** |
| **6.2.2021** | **-** | **-** |
| **7.2.2021** | **running** | **30 mins**  |



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** | **Keyword** |
| **Date** |  |  |  |  |  |  |
| **8.2.2021** |  |  |  |  |  + |  Spent time with my family  |
| **9.2.2021** |  |  |  + |  |   |  I was sick |
| **10.2.2021** |  |  |  + |   |  |  Still sick |
| **11.2.2021** |   |  + |  |  |   | I found out that I’m going back to school |
| **12.2.2021** |  |  |  |  |  + | I had a game night with my friends  |
| **13.2.2021** |  |   |  + |  |   | I had a lot of things to do for school next week |
| **14.2.2021** |  |  |  |  |  +  | I was a little bit excited about seeing all of my friend again tomorrow  |

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **8.2.2021** | **Running** | **30 Mins** |
| **9.2.2021** | **-** | **-** |
| **10.2.2021** | **-** | **-** |
| **11.2.2021** | **Running**  | **30 Mins** |
| **12.2.2021** | **-** | **-** |
| **13.2.2021** | **Running**  | **30 mins**  |
| **14.2.2021** | **-** | **-** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** | **Keyword** |
| **Date** |  |  |  |  |  |  |
| **15.2.2021** |  |  |  |  + |   |  I went to school |
| **16.2.2021** |  |  |   |  |  + |  It was a really good day  |
| **17.2.2021** |  |  |  + |   |  |  Had a math test |
| **18.2.2021** |   |   |  |  + |   | It was a solid day  |
| **19.2.2021** |  |  + |  |  |   |  I had a headache  |
| **20.2.2021** |  |   |   |  |  + |  It was finally Saturday  |
| **21.2.2021** |  |  |  |  |  + | I had a little trip with my family  |

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **15.2.2021** | **Running**  | **30 mins** |
| **16.2.2021** | **-** | **-** |
| **17.2.2021** | **Running**  | **30 mins** |
| **18.2.2021** | **-** | **-**  |
| **19.2.2021** | **-** | **-** |
| **20.2.2021** | **-** | **-** |
| **21.2.2021** | **Running**  | **30 mins**  |