**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.** |  |  |  |  |  + | Spent time with my friends |
| **2.2.2021.** |  |  |  + |  |  | Bored at home |
| **3.2.2021.** |  |  |  |  + |  | Day was productive |
| **4.2.2021.** |  |  |  |   |  + | Had fun |
| **5.2.2021.** |  |  |  |  + |  | Did homework |
| **6.2.2021.** |  |  |  + |  |  | Studied a lot |
| **7.2.2021.** |  |  + |  |  |  | Too much work to do |
| **8.2.2021.** |  |  |  |  + |  | Hanged out with my cousin |
| **9.2.2021.** |  |  |  |  |  + | We had family dinner |
| **10.2.2021.** |  |  |  + |  |  | Been busy with school stuff |
| **11.2.2021.** |  |  |  |  + |  | Worked out, felt happy |
| **12.2.2021.** |  |  |  |  |  + | Went hiking with my cousin |
| **13.2.2021.** |  |  + |   |  |  | Too much work to do |
| **14.2.2021.** |  |  |  + |  |  | Hadn’t finished the work from yesterday |
| **15.2.2021.** |  + |  |  |  |  | My cousin went home |
| **16.2.2021.** |  |  |  + |  |   | Was sick |
| **17.2.2021.** |  |  |  + |  |  | Still sick |
| **18.2.2021.** |  |  |  + |  |  | Schoolwork was hard |
| **19.2.2021.** |  |  + |  |   |   | Was sick |
| **20.2.2021.** |  |  |  |  + |   | Had a productive day |
| **21.2.2021.** |  |  |  |  |  + | Went cycling |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **1.2.2021.** | **Dancing**  | **2 hours** |
| **2.2.2021.** | **Was on my phone** | **5 hours** |
| **3.2.2021.** | **Studied** | **4 hours** |
| **4.2.2021.** | **Hanged out with my cousin** | **Whole day** |
| **5.2.2021.** | **Did homework** | **2 hours** |
| **6.2.2021.** | **Studied** | **3 hours** |
| **7.2.2021.** | **Studied**  | **4 hours** |
| **8.2.2021.** | **Worked out** | **2 hours** |
| **9.2.2021.** | **Hanged out with my family** | **7 hours** |
| **10.2.2021.** | **Studied**  | **2 hours** |
| **11.2.2021.** | **Went running** | **1 hour** |
| **12.2.2021.** | **Went hiking** | **3 hours** |
| **13.2.2021.** | **Studied**  | **3 hours** |
| **14.2.2021.** | **Did homework** | **2 hours** |
| **15.2.2021.** | **Listened to music** | **2 hours** |
| **16.2.2021.** | **Been reading a book** | **2 hours** |
| **17.2.2021.** | **Slept** | **Whole afternoon** |
| **18.2.2021.** | **Studied**  | **3 hours** |
| **19.2.2021.** | **Slept**  | **4 hours** |
| **20.2.2021.** | **Cleaned my house** | **5 hours** |
| **21.2.2021.** | **Went cycling** | **4 hours** |

