**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** |  |  |  |  |  |  |
| **01.02.2021.** |  |  |  | + |  | I spent time with my family |
| **02.02.2021.** |  |  | + |  |  | Too much schoolwork |
| **03.02.2021.** |  |  |  | + |  | I was alone at home |
| **04.02.2021.** |  |  |  | + |  | I went out with a friend |
| **05.02.2021.** |  |  |  |  | + | I went out with my friends |
| **06.02.2021.** |  |  |  |  | + | I went on a trip to Split |
| **07.02.2021.** |  |  |  | + |  | I went to visit my grandma |
| **08.02.2021.** |  |  |  | + |  | I watched my favorite TV show |
| **09.02.2021.** |  |  |  | + |  | I felt very tired |
| **10.02.2021.** |  |  | + |  |  | I spent the day in my bed, sick |
| **11.02.2021.** |  |  | + |  |  | Sick |
| **12.02.2021.** |  |  |  | + |  | Still sick |
| **13.02.2021.** |  |  |  | + |  | I played the guitar |
| **14.02.2021.** |  |  |  | + |  | I went to visit my grandma |
| **15.02.2021.** |  |  | + |  |  | School started again |
| **16.02.2021.** |  |  | + |  |  | I had a bad day |
| **17.02.2021.** |  |  |  | + |  | I went out with a friend |
| **18.02.2021.** |  |  |  |  | + | I went out with a friend |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **…** |  |  |
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