**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** |  |  |  |  | + | Rest day |
| **2.2** |  |  |  | + |  | Watching movies |
| **3.2** | + |  |  |  |  | studying |
| **4.2** |  | + |  |  |  | Math test |
| **5.2** |  |  |  |  | + | Volleyball game |
| **6.2** |  |  |  | + |  | Family time |
| **7.2** |  |  | + |  |  | Boring day |
| **10.2** |  |  |  |  | + | Sleeping all day |
| **11.2** |  |  |  | + |  | Movies |
| **12.2** | + |  |  |  |  | studying |
| **13.2** | + |  |  |  |  | studying |
| **14.2** | + |  |  |  |  | Test |
| **15.2** |  |  |  |  | + | Went for a walk |
| **16.2** |  |  |  |  | + | Lazy day |
| **17.2** |  | + |  |  |  | Cleaning day |
| **18.2** |  | + |  |  |  | Had to wake up early |
| **19.2** |  |  |  |  | + | Volleyball practice |
| **20.2** |  |  |  |  | + | Spent time with my friends |
| **21.2** |  |  |  |  | + | Volleyball game |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **1.2** | **Volleyball practice** |  |
| **2.2** | **sleeping** | **4 hours** |
| **3.2** | **Making cookies** | **40 minutes** |
| **4.2** | **Babysitting my younger sister** | **2 hours** |
| **5.2** | **Volleyball practice** | **1 hour and 30 minutes** |
| **6.2** | **studying** | **20 minutes** |
| **7.2** | **Watching TV** | **45 minutes** |
| **8.2** | **Watching a movie** | **1 hour and 30 minutes** |
| **9.2** | **Volleyball practice** | **1 hour and 30 minutes** |
| **10.2** | **Volleyball practice** | **1 hour and 30 minutes** |
| **11.2** | **Listening to music** | **2 hours** |
| **12.2** | **studying** | **2 hours** |
| **13.2** | **studying** | **40 minutes** |
| **14.2** | **Watching a movie** | **2 hours** |
| **15.2** | **sleeping** | **1 hour** |
| **16.2** | **Going for a walk** | **3 hours** |
| **17.2** | **Cleaning the house** | **1 hour and 30 minutes** |
| **18.2** | **sleeping** | **30 minutes** |
| **19.2** | **Playing with my sister** | **1 hour** |
| **20.2** | **Meeting my friends** | **2 hours** |
| **21.2** | **Volleyball game** | **2 hours and 30 minutes** |

