**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.** |  |  |  |  |  + | Went out with my cousin |
| **3.2.2021.** |  |  |  |  |  + | movie |
| **4.2.2021.** |  |  |  + |  |  | Studied |
| **5.2.2021.** |  |  |  |  |  + | Spent the day with friends |
| **6.2.2021.** |  |  + |   |  |  | Studied a lot |
| **7.2.2021.** |  |  |  + |  |  | Did homework |
| **8.2.2021.** |  |  |  |   |  + | Spent time with friend |
| **9.2.2021.** |  |  |  |  + |  | Did homework |
| **10.2.2021.** |  |  |  |  + |  |  Spent time at home |
| **11.2.2021.** |  |  |  + |  |   | Studied |
| **12.2.2021.** |  |  |   |  |  + |  Spent time with friends |
| **13.2.2021.** |  |  |  |  |  + | Spent time with friends  |
| **14.2.2021.** |  |  + |  |  |  | Studied a lot |
| **15.2.2021.** |  |  |  |  + |  | Went back to school |
| **16.2.2021.****17.2.2021** |  |  + |  + |  |  | Studied a lotRead a book |
| **18.2.2021.** |  |  |  |  + |  | Spent time with my friend, went to school |
| **19.2.2021.** |  |  |  |  |  + | Spent time with friends |
| **20.2.2021.** |  |  |   |  + |  | Spent time at home, movie |
| **21.2.2021.** |  |  |  |  |  + | Went out with family and friends |

**Movement Chart**

|  |  |  |
| --- | --- | --- |
| **Date** | **Type of Movement** (e.g. running, Yoga, dancing, etc.) | **Length** (e.g. 30 mins)  |
| **1.2.2021.** | **Went hiking** | **2 hours and 30 minutes** |
| **2.2.2021.** | **Went for a walk**  | **2 hours** |
| **3.2.2021.** | **Watched movie** | **2 hours** |
| **4.2.2021.** | **Studied**  | **2 hours** |
| **5.2.2021.** | **Went on a trip with friend** | **7 hours** |
| **6.2.2021.** | **Studied**  | **4 hours and 30 minutes** |
| **7.2.2021.** | **Did homework**  | **1 hour and 30 minutes** |
| **8.2.2021.** | **Went hiking** | **2 hours**  |
| **9.2.2021.** | **Did homework**  | **2 hours** |
| **10.2.2021.** | **Was on my home**  | **6 hours** |
| **11.2.2021.** | **Studied**  | **3 hours** |
| **12.2.2021.** | **Went for a walk**  | **2 hours** |
| **13.2.2021.** | **Went for a walk** | **2 hours**  |
| **14.2.2021.** | **Studied**  | **4 hours**  |
| **15.2.2021.** | **Listened to music** |  **3 hours** |
| **16.2.2021.****17.2.2021** | **Studied** **Read a book**  | **3 hours****3 hours** |
| **18.2.2021.** | **Went for a walk** | **3 hours** |
| **19.2.2021.** | **Went for a walk**  | **3 hours**  |
| **20.2.2021.** | **Watched movie** | **2 hours**  |
| **21.2.2021.** | **Went for a walk** | **2 hours and 30 minutes** |

