

Weekly Mood Check-In

Two minutes a day · nobody grades this

Week of: _____

Day	Mood (1–5)	Prompt
Mon	12345	Best 5 minutes of today:
Tue	12345	Something that drained me:
Wed	12345	One word for today:
Thu	12345	Who I felt good around:
Fri	12345	Something I'm looking forward to:
Sat	12345	What I needed today:
Sun	12345	Something I handled better than last week:

This is yours. If a lot of 1s and 2s stack up, that's worth telling someone you trust — a parent, coach, school counselor, or text 988 (US).