Mood, Sleep, Food & Energy Log

One daily page for all four factors

Name: _____ Week of: _____

Daily Log

Date	Mood (1-10)	Sleep Hrs	Sleep Quality	Meals / Notes	Energy (1-10)	Notes
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	
	①②③④⑤⑥⑦⑧⑨⑩				①②③④⑤⑥⑦⑧⑨⑩	

Sleep Quality Key

- ☐ Poor
- ☐ Okay
- ☐ Good

Patterns I'm Noticing

Fill it in at the same time each night so you're rating the whole day, not the moment you write it. After 1-2 weeks, circle any days where short sleep, a skipped meal, and low mood or energy line up together.

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