



HEALTH AND WELLBEING CHECKLIST

Date

55

Tracking Mood and Energy Levels

Monitoring your mood and energy helps identify patterns and improve your well-being. Use this checklist to stay in tune with your mental and physical state.

Choose a Tracking Method

- Use a journal, app, or calendar to record mood and energy daily.
- Example: Apps like Daylio or Moodpath.



Set a Daily Reminder

- Establish a consistent time to log your mood and energy.
- Tip: Track in the morning and evening for comparison.



Rate Your Mood and Energy

- Use a simple scale (1-10) to measure both.
- Example: "Mood: 7/10, Energy: 5/10."



Identify Activities

- Note what you did and how it impacted your mood or energy.
- Example: "After my morning run, energy increased to 8/10."



Log Triggers or Stressors

- Record events that influenced negative moods or low energy.
- Example: "Felt stressed after a long meeting."



Track Physical Factors

- Include details like sleep quality, hydration, or diet.
- Tip: Note if poor sleep correlates with low energy.



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Checklists



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Review Weekly Patterns

- Look for trends over time to identify what helps or hinders you.
- Example: "Higher energy on days with outdoor activity."



Adjust Habits Accordingly

- Modify routines based on your findings.
- Example: Add a midday walk to boost energy during low afternoons.



Celebrate Positive Patterns

- Reinforce habits that consistently improve mood and energy.



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