KIBUN

Weekly Habit & Mood Tracker

Week of: _____

COLOUR KEY — COLOUR EACH DAY WITH ITS DOMINANT MOOD

Positive	Happy	Excited	Grateful	Bright	Cheeky	Loved	Surprised	Calm
Neutral	Tired	Bored	Confused					
Intense	Sad	Worried	Scared	Frustrated	Angry			
Low	Melancholy	Lonely						

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mood · Morning	○	○	○	○	○	○	○
Mood · Evening	○	○	○	○	○	○	○
Sleep (hours)	_____	_____	_____	_____	_____	_____	_____
Habit _____	☐	☐	☐	☐	☐	☐	☐
Habit _____	☐	☐	☐	☐	☐	☐	☐
Habit _____	☐	☐	☐	☐	☐	☐	☐
Habit _____	☐	☐	☐	☐	☐	☐	☐
Habit _____	☐	☐	☐	☐	☐	☐	☐
Habit _____	☐	☐	☐	☐	☐	☐	☐

This week, what lifted my mood? What pulled it down?