

MOOD + ENERGY LOG

track • understand • balance

Date:

Cycle Day:

Sleep (Hours):

ENERGY LEVEL

Morning	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Afternoon	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evening	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MOOD TODAY

- Happy Neutral Low Irritable Anxious

DAILY HABITS

- Balanced Meals (Protein + Fiber + Fat)
 Water Intake: Low / Medium / High
 Movement

SYMPTOMS

- Bloating Cravings Fatigue
 Breakouts Headache Poor Sleep

STRESS

- Low Medium High

Biggest Stressor: _____

REFLECTION

What did my body need today?

What helped me feel my best?