

I have the power  
to choose how  
I act and react.



## MONDAY

### Sleep

\_\_\_ hours

### Nutrition



healthy  fried/sweets

### Exercise

yes   
 no

### Quality time

\_\_\_ hours  
with family/  
friends

### Media

\_\_\_ screen hours

\_\_\_ phone hours

### Mood

happy   
unhappy   
anxious

## TUESDAY

### Sleep

\_\_\_ hours

### Nutrition



healthy  fried/sweets

### Exercise

yes   
 no

### Quality time

\_\_\_ hours  
with family/  
friends

### Media

\_\_\_ screen hours

\_\_\_ phone hours

### Mood

happy   
unhappy   
anxious

## WEDNESDAY

### Sleep

\_\_\_ hours

### Nutrition



healthy  fried/sweets

### Exercise

yes   
 no

### Quality time

\_\_\_ hours  
with family/  
friends

### Media

\_\_\_ screen hours

\_\_\_ phone hours

### Mood

happy   
unhappy   
anxious

## THURSDAY

### Sleep

\_\_\_ hours

### Nutrition



healthy  fried/sweets

### Exercise

yes   
 no

### Quality time

\_\_\_ hours  
with family/  
friends

### Media

\_\_\_ screen hours

\_\_\_ phone hours

### Mood

happy   
unhappy   
anxious

## FRIDAY

### Sleep

\_\_\_ hours

### Nutrition



healthy  fried/sweets

### Exercise

yes   
 no

### Quality time

\_\_\_ hours  
with family/  
friends

### Media

\_\_\_ screen hours

\_\_\_ phone hours

### Mood

happy   
unhappy   
anxious