

MOOD DIARY



Welcome

I know you will find this Mood & Food diary exceptionally helpful and easy to use! I have included 8 weeks of Tracking resources for you, to help you better understand your personal connection between food and mood and outcomes.

Each week, you will start with your Gratitude Worksheet. Instructions are included, but know that this is done on Sunday nights as we start tracking new weeks on Mondays.

Then, starting Monday morning, you will use your weekly Habit Tracker, and you will have access to a daily Food & Mood Diary.

Try to remember to track your mood BEFORE and AFTER every meal to get the best use out of the diary.

IMPORTANT BONUSES

The second last page of the Diary is a Fitness Tracker that you can use for the entire 8 weeks. Instructions are included.

I have also added a special "RESET Your Morning Routine" Sheet at the beginning of Week I. I hope you love it!!

And to keep you motivated, I have gifted you a 7 Day Wellness Challenge at the beginning of week 5, that I just know you will completely transform you!

Remember to check back at www.unqopinion.com For more articles, advice, courses, books, and freebies!

Sign up as a free member of Unqualified Opinion to be the first to know about new releases and members-only discounts!





BINGING TV SHOWS LATE INTO
THE NIGHT



AVOID TECHNOLOGY 1 HOUR BEFORE BED TO ENSURE GOOD REST

HIT THE SNOOZE BUTTON 5
TIMES



COUNTDOWN FROM 5 AND THEN
GET OUT OF BED

NO TIME TO CHOOSE WORKOUT CLOTHES



LAY THEM OUT THE NIGHT BEFORE

DRIVE THROUGH FOR BREAKFAST



PREPARE SOME OVERNIGHT
OATS FOR AN ON-THE-GO
BREAKFAST

"I AM NOT A MORNING PERSON"



"MORNINGS CAN BE BUSY BUT I SET MYSELF UP FOR SUCCESS"



GRATITUDE WORKSHEET

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AFFIRMATION
MY GOALS FOR THIS WEEK
HOW CAN I SET MYSELF UP FOR SUCCESS THIS WEEK?
I AM GRATEFUL FOR
THE TOUGHEST THING THAT HAPPENED THIS WEEK WAS
THE MOST WONDERFUL THING THAT HAPPENED THIS WEEK WAS



HABIT TRACKER

	M I W I F S S
DRANK 2 - 3L OF WATER	
DID 30 MINUTES OF MOVEMENT (EX WALKING)	
REVIEWED MY GOALS	
CELEBRATED MYSELF	
PRACTICED SELF CARE (EX TOOK A BATH)	
SLEPT 7-9 HOURS	
TO DO LIST	NOTES
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MONDAY

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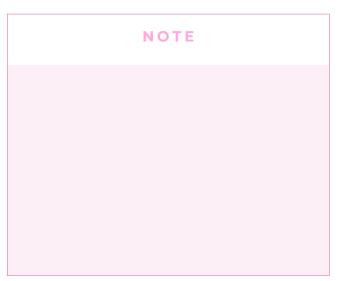






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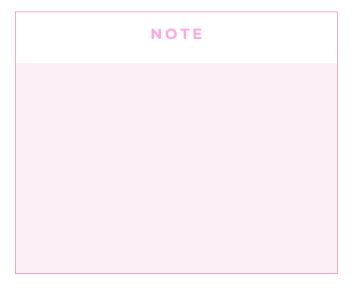




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7-DAY WELLNESS CHALLENGE

DAY 1

Stay off your phone for the day

DAY 2

Start your day with meditation

DAY 3

Explore a new form of exercise

DAY 4

Eat mindfully, with no distractions

DAY 5

Spend a minimum of 60 min outdoors

DAY 6

Spend time with a loved one or animal

DAY 7

Take the day off for self-care



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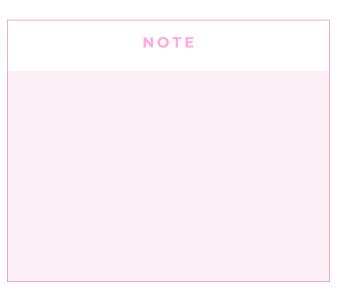






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FITNESS PROGRESS TRACKER

To be tracked weekly. If you work out more than once a week, put your personal best.

Example: If in week 1 you only work out once and do 3 pushups, put 3. But, if in week 2 you work out three times, and your highest count of pushups was in workout two where you managed 6 pushups, put 6!

	WKI	WK2	WK3	WK4	WK5	WK6	WK7	WK8
PUSH UPS #								
SQUATS#								
STEP UPS #								
SIT UPS #								
PLANK (MINS)								
STRETCH (MINS)								

Add your own exercises to track on the empty lines.



