

Self-monitoring sheet — habits & mood



Month of _____

To observe	Unit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Mood (1–5)																																
Walk																																
Reading																																
Glasses of water																																

Mood: 1 = a very hard day · 3 = average · 5 = a very good day.

Notes for the month