

## Wellbeing Log

Use this log daily to track your well-being and identify patterns or areas that may need attention. You will rate the following and fill in the information daily as indicated below.

1. **Mood.** Rate your overall mood on a scale of 1 to 10 (1 = very poor, 10 = excellent).
2. **Energy Levels.** Rate your energy levels on a scale of 1 to 10 (1 = very low, 10 = very high).
3. **Sleep Quality.** Note how many hours you slept and rate the quality of your sleep from 1 to 10 (1 = very poor, 10 = excellent).
4. **Physical Activity.** Write down whether you engaged in physical activity (Yes/No), what you did, and for how long.
5. **Stress Levels.** Rate your stress levels on a scale of 1 to 10 (1 = very low, 10 = very high).
6. **Social Interaction.** Did you interact with friends, family, or colleagues today? (Yes/No). If yes, rate the quality of your social interactions on a scale of 1 to 10 (1 = very poor, 10 = very good).

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Day	Mood	Energy Levels	Sleep Quality	Physical Activity	Stress Levels	Social Interaction	What went well? What could be improved?
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							

Day	Mood	Energy Levels	Sleep Quality	Physical Activity	Stress Levels	Social Interaction	What went well? What could be improved?
Saturday							
Sunday							

**Comments and Insights On Your Weekly Wellness Activities:**

