

# IL HUMAN PERFORMANCE PROJECT


# DAILY MOOD LOG


Date: \_\_\_\_\_


**Morning Mood:**       


**Mid-Day Mood:**       


**Evening Mood:**       


 angry, frustrated, grumpy


 sad, lonely, down

 sick, tired, unmotivated

 normal, average

 productive, focused, energetic

 joyful, content, happy

 grateful, serene, hopeful

What did I eat today and how did that correlate with my mood? \_\_\_\_\_

\_\_\_\_\_

How many hours did I sleep last night?    1    2    3    4    5    6    7    8    9    10

How much and what kinds of physical activity did I participate in today? \_\_\_\_\_

\_\_\_\_\_

What kinds of social interactions did I have today and how did they correlate to my mood?

\_\_\_\_\_

\_\_\_\_\_

What patterns and connections are appearing between my lifestyle choices and my mood?

\_\_\_\_\_

\_\_\_\_\_

Other observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_