




Name
School


Coach
Date

How am I feeling today?	
/5	


Focusing on myself and being present	
/5	

Being active and out in nature	
/5	

Being healthy and eating well	
/5	


Drinking plenty of water	
/5	

Getting good sleep	
/5	

Connecting with others	
/5	


Use of social media and gaming	
/5	

My relationships with family and friends	
/5	

Maintaining a balanced routine	
/5	

What is my purpose and joy in life?	
/5	

What could I do differently to help myself?

How am I feeling now?	
/5	