

LOOKING GOOD / FEELING GOOD

1. Nutrition

Liquid: ▲ water & milk & juice ▼ sodas
Solid: ▲ fruits & veggies ▼ sweets & chips

2. Fun

Little joys, big fun - if all counts, read, listen to music, play, create, hangout, explore

3. Exercise

Walk, run, dance, pedal, move it - 30 minutes or more a day

4. Social Support

Hanging out with people you like and who like you. Family and friends you can count on.

5. Rest

8-9 hours - naps count.
Recharge, renew, relax

Making even small improvements in these 5 items lead to higher energy and mood.

6. Energy

7. Mood

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
2	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
3	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
4	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
5	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
6	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
7	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼

Circle the up triangle (▲) if you rate the Life Skill as in a good range or showing improvement for this past week.
Circle the down triangle (▼) if you rate the Life Skill as not in a good range this past week.