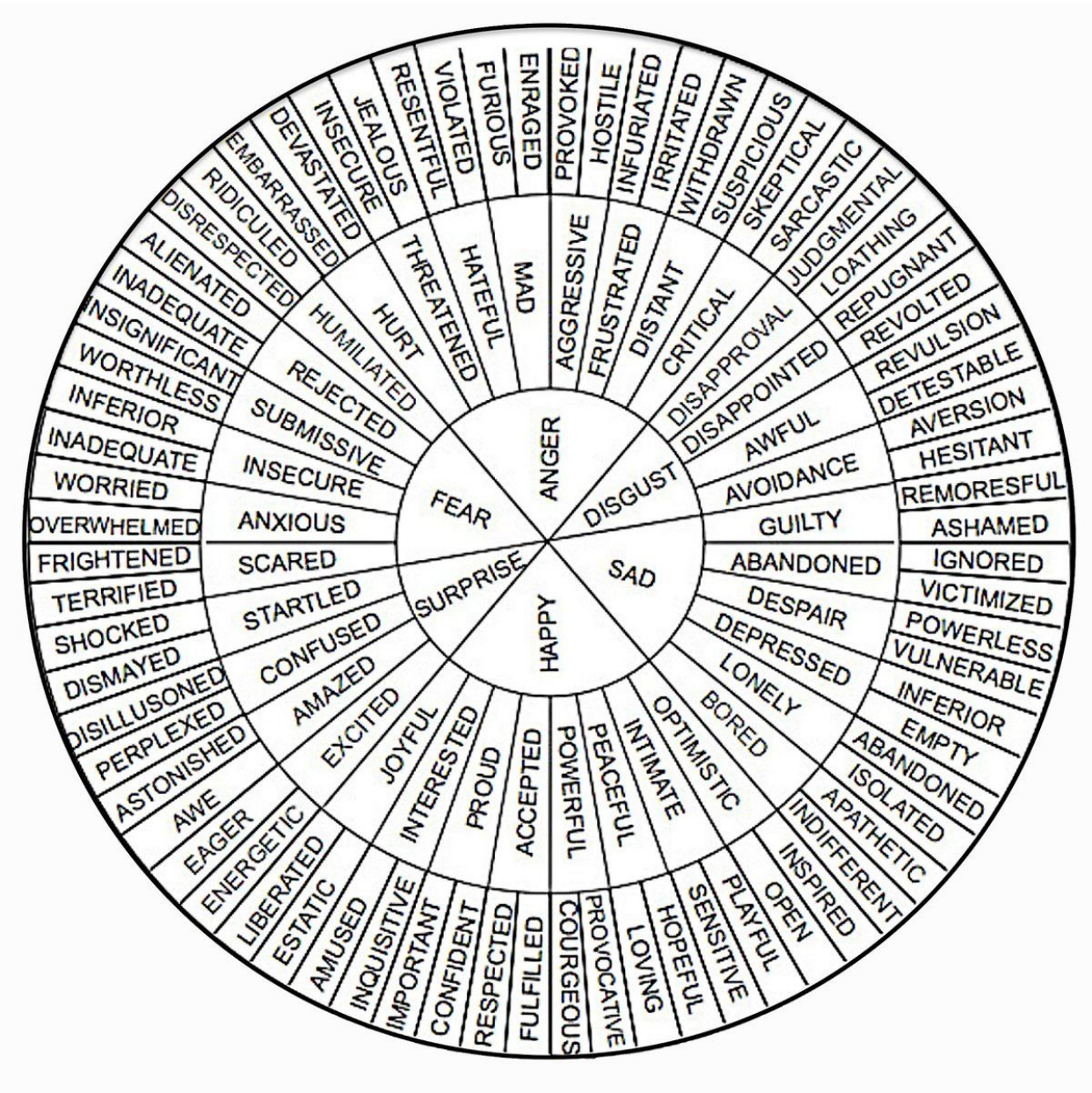
How am I doing?

Feelings tracker by @Cirque_Psych

Use this tracker for AT LEAST a week (ideally 3 weeks) to help establish a clear picture of your mood, especially as it relates to training, sleep, and food/drink. It's easy to feel like "how I feel NOW is how I ALWAYS feel". This tracker combats that by keeping a record that you can look back on.

Emotions Word Bank: (helpful to add nuance) This graphic was created by Kaitlin Robbs.



How to use the tracker: (print (or copy paste)) as many copies of the tracker grid as you like. Try to enter your one-word feeling every half hour or hour. You can set an alarm or reminder. The entries are “spot checks” so, no need to sum up all your feelings of the last 30-60 minutes, just jot down your emotional state in the moment. Use the “Notes” column to enter any relevant information about what you’re doing at the time. The first line is filled in as an example.

Time of Day	Emotion	Notes (ex: food, training, sleep)
2pm	Eager, anticipatory	New class today!