Patient Journal

## Week 1

**Weight** (Optional): Click here to enter text.

|  |  |
| --- | --- |
| **SMART GOALS:** | |
| 1. | Click here to enter text. |
| 2. | Click here to enter text. |
| 3. | Click here to enter text. |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood Score (1-10)**  1= Very Low  10= Feeling Great | | | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Am |  |  |  |  |  |  |  |
| Pm |  |  |  |  |  |  |  |
| Daily Total |  |  |  |  |  |  |  |
|  | | | | | | Total Score for the week |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Energy Score (1-10)**  1= No Energy  10= Very Energetic | | | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |  |
|  | | | | | | Total Score for the week |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Gratitude Diary**  List 3 things you are grateful for each day. This can be something big or really small | | | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| 2. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| 3. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |

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| --- |
| **What has gone well this week and why?** |
| Click here to enter text. |
| **Has anything not gone as well as you hoped and why?** |
| Click here to enter text. |
| **What small step could you make to help you overcome any barriers you are facing?** |
| Click here to enter text. |