

# Tracking Your Behaviors

Use the chart below to keep track of your behaviors. Look at the sample on the back side of this sheet to help you fill out your own.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many hours did you sleep?							
What did you do for physical activity?							
Did you eat healthful foods?							
What mindfulness practice did you do?							
Anxiety (rate 0 to 10) 0 = not at all anxious 10 = very anxious							
Depression (rate 0 to 10) 0 = not at all depressed 10 = very depressed							
List one thing that went well today.							
List one thing for which you are thankful today.							
Other							

*(over)*

## Sample Behavior Tracking Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many hours did you sleep?	<i>9 hours</i>						
What did you do for physical activity?	<i>Rode my bike for 30 minutes.</i>						
Did you eat healthful foods?	<i>Yes</i>						
What mindfulness practice did you do?	<i>5 minutes of meditation</i>						
Anxiety (rate 0 to 10) 0 = not at all anxious 10 = very anxious	<i>2</i>						
Depression (rate 0 to 10) 0 = not at all depressed 10 = very depressed	<i>6</i>						
List one thing that went well today.	<i>I woke up feeling rested.</i>						
List one thing for which you are thankful today.	<i>I am thankful for smiling people.</i>						
Other	<i>I felt angry when I lost my keys.</i>						