



## Session 02 – Big Little Things: Daily Tracker

Perform your daily check-in using the card below. Rate your day in each category as follows: **3 - GREAT!** | **2 - Alright** | **1 - Needs Attention**. This week you will assess emotional wellbeing in addition to physical wellbeing. At the end of the week, review your trend line and complete the reflection box at bottom. For more information about emotional wellbeing, please refer to the educational resources you have been provided.

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PHYSICAL WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
EMOTIONAL WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1

REFLECTION! What is your trend line telling you?	What area(s) were you strong this week?	What area(s) might need your attention next week?

## Checking In

**When checking in on emotional wellbeing ask yourself these questions:**

- What emotions have you experienced today?
- How did you respond to each emotion?
- Were you satisfied with your response?
- Are you aware of other people's feelings?
- Are you able to experience life with a positive attitude most of the time?