

Time in nature mood journal



Try to engage your senses when spending time in nature. Keep a record of how you feel before, what you do, and how you feel after. Make a note of what helps to improve your mood.

	How did you feel before?	What did you do?	How did you feel after?	What helped improve your mood?
Day 1	 		 	
Day 2	 		 	
Day 3	 		 	
Day 4	 		 	
Day 5	 		 	
Day 6	 		 	
Day 7	 		 	