

♥ Zenova Wellness

Mood + Focus Tracker ✨

Understand your emotional and cognitive rhythms — by Zenova Wellness

Name

[Your Name]

Month

[Month / Year]

Week #

"Clarity and emotional balance begin with awareness."

Tracking your mood and focus is one of the most empowering things you can do for your wellbeing. When you tune in to your emotional landscape each day, you begin to notice the subtle rhythms that shape how you feel, think, and move through the world. This tracker is designed to help you notice patterns — not judge them. Over time, you'll discover what nourishes your clarity, what depletes your energy, and what truly supports *your* practice. Welcome, [Your Name] — this is your space.

♥ How Mood & Focus Are Connected

Your emotional state and your cognitive clarity are deeply intertwined. When you're well-rested, nourished, and supported, your mind tends to feel sharper, your thoughts

clearer, and your emotional responses more grounded. When those foundations shift — through disrupted sleep, skipped meals, high stress, or limited movement — you may notice your focus scattered and your emotional tone harder to navigate. This isn't weakness; it's biology.

✨ Key Influencers of Your Emotional & Cognitive Wellbeing

Influencer	How It May Affect You
Sleep	Quality rest may support emotional regulation, memory consolidation, and sustained attention throughout the day.
Nutrition	Balanced, regular meals may help support stable energy and a more consistent emotional tone. Blood sugar fluctuations can influence mood and concentration.
Movement & Exercise	Physical activity is linked to improved mood, reduced cognitive fatigue, and greater emotional resilience.
Stress & Pressure	Ongoing or intense stress may narrow your cognitive bandwidth and amplify emotional reactivity. Noticing your stress triggers is a powerful first step.
Social Connection	Meaningful interaction — even briefly — may support feelings of belonging and emotional steadiness.
Screen Time & Media	The content you consume and time spent on devices can shape your emotional baseline more than you might expect.

✨ Understanding Cognitive Load

Think of your mind as having a daily capacity for mental effort — this is your **cognitive load**. Every decision, task, worry, and distraction draws from that capacity. When your cognitive load is high, focus becomes harder to sustain and emotions can feel more intense or harder to process. This tracker helps you notice what shapes your cognitive load each day so you can make intentional choices about where your energy goes.

♥ The Zenova Philosophy

Tracking patterns empowers choice. This tracker is not about achieving perfect scores — it's about building self-awareness, one honest check-in at a time. Noticing what shapes your focus and emotional tone puts the wisdom back in your hands.

This tracker is designed to support self-awareness, not diagnosis.

✨ Daily Mood + Focus Log — Week 1 (Days 1–7)

Rate mood and focus on a scale of 1 (very low) to 10 (excellent). Fill in honestly — all experiences are valid data.

♥ Day 1 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today (check all that apply):

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks

Weather News/media Supplements Rest Alone time Creative outlet

Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ **Day 2 | Date:** _____ **| Day of Week:** _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks

Weather News/media Supplements Rest Alone time Creative outlet

Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Day 3 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks

Weather News/media Supplements Rest Alone time Creative outlet

Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Day 4 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad
Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet
Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Day 5 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet
Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

 **Day 6** | **Date:** _____ | **Day of Week:** _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad
Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet

Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ **Day 7** | **Date:** _____ | **Day of Week:** _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks

Weather News/media Supplements Rest Alone time Creative outlet

Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

✨ Daily Mood + Focus Log — Week 2 (Days 8–14)

Continue your practice. You're building a remarkable picture of your personal rhythms.

♥ Day 8 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad
Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet
Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Day 9 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad
Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet
Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Day 10 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks

Weather News/media Supplements Rest Alone time Creative outlet

Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Day 11 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

- Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet
Other: _____

Focus quality overall: Sharp / Moderate / Scattered (circle one)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

 **Day 12** | **Date:** _____ | **Day of Week:** _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

- Calm Joyful Grateful Content Anxious Irritable Sad
Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

- Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet
Other: _____

Focus quality overall: Sharp / Moderate / Scattered *(circle one)*

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ **Day 13** | **Date:** _____ | **Day of Week:** _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad

Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks

Weather News/media Supplements Rest Alone time Creative outlet

Other: _____

Focus quality overall: Sharp / Moderate / Scattered *(circle one)*

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Day 14 | Date: _____ | Day of Week: _____

Morning

Afternoon

Evening

Mood (1–10)

Focus (1–10)

Emotions experienced today:

Calm Joyful Grateful Content Anxious Irritable Sad
Overwhelmed Excited Motivated Disconnected Hopeful Other:

What influenced my mood today?

Sleep quality Food choices Exercise Social interaction Work/tasks
Weather News/media Supplements Rest Alone time Creative outlet
Other: _____

Focus quality overall: Sharp / Moderate / Scattered (*circle one*)

Biggest focus challenge today:

Best focus moment today:

Mood highlight: One positive emotional moment today was...

♥ Mood Pattern Visualization — Monthly Grid

Enter your mood score (1–10) in each cell. Use a highlighter or pen shading to mark high scores (8–10) in one colour and low scores (1–4) in another. Patterns will emerge across days and times of day.

✨ Week 1 Mood Grid

Time of Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning Mood							
Afternoon Mood							
Evening Mood							

Week 1 Reflection: What patterns do you notice? When did you feel most like yourself?

✨ Week 2 Mood Grid

Time of Day	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Morning Mood							
Afternoon Mood							
Evening Mood							

Week 2 Reflection: How did this week compare to last week? What shifted?

✨ Week 3 Mood Grid

Time of Day	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Morning Mood							
Afternoon Mood							
Evening Mood							

Week 3 Reflection: What time of day consistently shows your highest mood scores?

🌟 Week 4 Mood Grid

Time of Day	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Morning Mood							
Afternoon Mood							
Evening Mood							

Week 4 Reflection: Looking across all four weeks — what is your biggest overall insight about your emotional rhythms?

🌟 Focus Quality Log — Weekly Deep Dive

Use this section at the end of each week to reflect on what supported — or challenged — your ability to concentrate and think clearly.

📖 Week 1 Focus Review

Question	Your Reflection
What type of tasks required the most focus this week?	
What time of day was I consistently sharpest?	
What most disrupted my focus?	
Deep work sessions completed this week:	
Average focus score this week (add all scores ÷ total entries):	
What best supported my clarity and focus?	

♥ Week 2 Focus Review

Question	Your Reflection
What type of tasks required the most focus this week?	
What time of day was I consistently sharpest?	
What most disrupted my focus?	
Deep work sessions completed this week:	
Average focus score this week:	
What best supported my clarity and focus?	

♥ Week 3 Focus Review

Question	Your Reflection
What type of tasks required the most focus this week?	
What time of day was I consistently sharpest?	
What most disrupted my focus?	
Deep work sessions completed this week:	
Average focus score this week:	
What best supported my clarity and focus?	

♥ Week 4 Focus Review

Question	Your Reflection
What type of tasks required the most focus this week?	
What time of day was I consistently sharpest?	
What most disrupted my focus?	
Deep work sessions completed this week:	
Average focus score this week:	

Question	Your Reflection
What best supported my clarity and focus?	

Emotional Patterns Audit

Use this table at the end of each week to tune in to your emotional landscape. Notice what's recurring, what's shifting, and what each emotion may be signalling about your needs. There are no right or wrong answers — only honest ones.

Emotion	How Often This Week	Possible Triggers	Physical Sensations	What Helped	What I Noticed
Calm					
Joyful					
Anxious					
Irritable					
Overwhelmed					
Motivated					
Sad					
Grateful					
Disconnected					
Excited					

Zenova Reflection Prompt

Which emotions showed up most this week? What do they tell you about your current needs? What would feel nourishing right now?

✨ Focus Factors Assessment

Check all that apply from your experience. Add your own in the blank rows. Use this to notice what shapes your cognitive clarity each week.

♥ What Helps My Focus	What Hurts My Focus
<input type="checkbox"/> Good, restful sleep	<input type="checkbox"/> Poor or disrupted sleep
<input type="checkbox"/> Regular exercise or movement	<input type="checkbox"/> Multitasking and task-switching
<input type="checkbox"/> Clear priorities and a plan	<input type="checkbox"/> Excessive screen time
<input type="checkbox"/> Single-tasking / deep work blocks	<input type="checkbox"/> Skipped or rushed meals
<input type="checkbox"/> Regular breaks (e.g. every 90 min)	<input type="checkbox"/> Dehydration
<input type="checkbox"/> Good hydration throughout the day	<input type="checkbox"/> Background noise or interruptions
<input type="checkbox"/> Natural light exposure	<input type="checkbox"/> High or sustained stress
<input type="checkbox"/> Protein-rich, balanced meals	<input type="checkbox"/> Sugar crashes / blood sugar dips
<input type="checkbox"/> Supplements (as applicable)	<input type="checkbox"/> Over-scheduling and no margin
<input type="checkbox"/> Quiet, organised environment	<input type="checkbox"/> Emotional strain or unresolved tension
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

♥ Zenova Insight

Notice what shapes your focus — not to judge your habits, but to understand your unique needs. Every insight is a step toward supporting your clarity with intention.

Self-Compassion & Emotional Care

Self-compassion is not a reward for perfect days — it's a practice for all of them. Research suggests that treating yourself with the same kindness you'd offer a trusted friend may support emotional resilience, reduce self-criticism, and help you return to your centre more gently after difficult moments. This section invites you to notice and nurture your own emotional needs each day.

Zenova Reminder

"When emotions feel heavy, remember — noticing is not weakness. It's wisdom."

Daily Self-Compassion Check-In (7 Days)

Date	One kind thing I told myself today	One thing I'm proud of	My emotional need today was...

Weekly Mood + Focus Review

Complete this at the end of each week. Take 5–10 quiet minutes — perhaps with a warm drink — and let yourself reflect honestly and gently.

♥ Week 1 Review

Reflection	Your Response
Best mood day: ___ Why?	
Sharpest focus day: ___ Why?	
Hardest emotional moment this week:	
What supported my wellbeing most?	
Pattern or insight I noticed:	
My intention for next week:	

♥ Week 2 Review

Reflection	Your Response
Best mood day: ___ Why?	
Sharpest focus day: ___ Why?	
Hardest emotional moment this week:	
What supported my wellbeing most?	
Pattern or insight I noticed:	
My intention for next week:	

♥ Week 3 Review

Reflection	Your Response
Best mood day: ___ Why?	
Sharpest focus day: ___ Why?	
Hardest emotional moment this week:	
What supported my wellbeing most?	
Pattern or insight I noticed:	
My intention for next week:	

Week 4 Review

Reflection	Your Response
Best mood day: ___ Why?	
Sharpest focus day: ___ Why?	
Hardest emotional moment this week:	
What supported my wellbeing most?	
Pattern or insight I noticed:	
My intention going forward:	

Monthly Mood + Focus Summary

You've completed a full month of intentional tracking — that takes commitment and courage, [Your Name]. Use this page to honour what you've discovered about yourself.

Summary Item	Your Response
Average mood for the month (1–10):	
Average focus for the month (1–10):	
Most frequent positive emotion this month:	
Most frequent challenging emotion this month:	
Key patterns I discovered:	
Top focus supports I identified:	
How my emotional and cognitive wellbeing has shifted this month:	
Commitments I'm making going forward:	

 A Note from Zenova Wellness

One month of tracking is just the beginning. The real value isn't in the scores — it's in the self-knowledge you're building, day by day. You are your own best wellness expert. Keep going, keep noticing, keep choosing yourself.

✨ Zenova Journaling Prompts

Return to these prompts anytime — when you're feeling stuck, curious, or simply ready to go a little deeper. There's no pressure to answer all of them. Let one call to you.

1. What does a genuinely good day feel like in my body? Where do I feel it, and what made it possible?

2. What emotion have I been avoiding lately — and what might it be gently trying to tell me?

3. What do I need more of right now to feel emotionally nourished? What's one small way I could offer that to myself this week?

4. When I feel most focused and clear, what conditions are usually present? How can I create more of those conditions intentionally?

5. What story am I telling myself about my emotional state right now — and is that story accurate, or kind?

6. If my mood this past week had a colour, a texture, and a sound — what would they be? What does that tell me?

7. Who in my life helps me feel most like myself? What is it about those interactions that supports my emotional clarity?

8. What am I carrying right now that isn't mine to carry? What might it feel like to set it down, even just for today?

9. Looking at this month's patterns — what has surprised me most about myself? What has confirmed something I already sensed?

10. If my future self could send me one message about how to better support my emotional and cognitive wellbeing — what would it say?

♥ Notes & Reflections — Free Writing Page 1

This space is entirely yours. Write freely — no structure, no rules, no judgement.

♥ Notes & Reflections — Free Writing Page 2

Continue your thoughts here. Let this be a space of honesty, warmth, and curiosity.

ⓘ Important Disclaimer

This tracker is for personal wellness tracking purposes only and does not constitute medical advice. The content in this document is intended to support self-awareness and personal reflection, not to assess, diagnose, or treat any physical or mental health condition. All information is provided for general informational and educational purposes only. Consult a qualified healthcare professional for any health concerns, before making changes to your health routine, or if you are experiencing significant distress. Zenova Wellness products and materials are not intended to diagnose, treat, cure, or prevent any disease or condition.

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