

Mood Meter Check-In Tracker

STUDENT NAME _____ **DATE RANGE** _____ **GRADE** _____

HOW TO USE: After using the Mood Meter app with a student, record the zone and emotion word identified, energy level, cause of feeling, reflection, and next steps.

CHECK-IN 1 Date: _____ Time: _____ Session type: _____

ZONE IDENTIFIED	EMOTION WORD	ENERGY LEVEL	NOTES / CAUSE	REFLECTION	ACTIONABLE STEPS
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #f8d7da; padding: 5px; border: 1px solid #c6c8ca; border-radius: 5px;"> <p>Red</p> </div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px;"> <p>Yellow</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #d1ecf1; padding: 5px; border: 1px solid #bee5eb; border-radius: 5px;"> <p>Blue</p> </div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px;"> <p>Green</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

CHECK-IN 2 Date: _____ Time: _____ Session type: _____

ZONE IDENTIFIED	EMOTION WORD	ENERGY LEVEL	NOTES / CAUSE	REFLECTION	ACTIONABLE STEPS
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #f8d7da; padding: 5px; border: 1px solid #c6c8ca; border-radius: 5px;"> <p>Red</p> </div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px;"> <p>Yellow</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #d1ecf1; padding: 5px; border: 1px solid #bee5eb; border-radius: 5px;"> <p>Blue</p> </div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px;"> <p>Green</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

CHECK-IN 3 Date: _____ Time: _____ Session type: _____

ZONE IDENTIFIED	EMOTION WORD	ENERGY LEVEL	NOTES / CAUSE	REFLECTION	ACTIONABLE STEPS
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #f8d7da; padding: 5px; border: 1px solid #c6c8ca; border-radius: 5px;"> <p>Red</p> </div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px;"> <p>Yellow</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #d1ecf1; padding: 5px; border: 1px solid #bee5eb; border-radius: 5px;"> <p>Blue</p> </div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px;"> <p>Green</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

CHECK-IN 4 Date: _____ Time: _____ Session type: _____

ZONE IDENTIFIED	EMOTION WORD	ENERGY LEVEL	NOTES / CAUSE	REFLECTION	ACTIONABLE STEPS
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #f8d7da; padding: 5px; border: 1px solid #c6c8ca; border-radius: 5px;"> <p>Red</p> </div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px;"> <p>Yellow</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #d1ecf1; padding: 5px; border: 1px solid #bee5eb; border-radius: 5px;"> <p>Blue</p> </div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px;"> <p>Green</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

CHECK-IN 5 Date: _____ Time: _____ Session type: _____

ZONE IDENTIFIED	EMOTION WORD	ENERGY LEVEL	NOTES / CAUSE	REFLECTION	ACTIONABLE STEPS
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #f8d7da; padding: 5px; border: 1px solid #c6c8ca; border-radius: 5px;"> <p>Red</p> </div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px;"> <p>Yellow</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
<div style="display: flex; justify-content: space-around;"> <div style="background-color: #d1ecf1; padding: 5px; border: 1px solid #bee5eb; border-radius: 5px;"> <p>Blue</p> </div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px;"> <p>Green</p> </div> </div>	<input type="text"/> <input type="text"/> <input type="text"/>	<div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">High</div> <div style="background-color: #fff3cd; padding: 5px; border: 1px solid #ffeeba; border-radius: 5px; text-align: center;">Medium</div> <div style="background-color: #d4edda; padding: 5px; border: 1px solid #c3e6cb; border-radius: 5px; text-align: center;">Low</div>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>