

A no-BS tracker to help you keep tabs on your head, your habits, and what's working.

You don't need to journal every day. You don't need to be perfect. You just need to stay honest with yourself.

WEEKLY HEADSPACE TRACKER

Day	Mood (Pick 1–2)	Energy (1–10)	Anything that stood out?
Monday	 □ Chill □ Angry □ Flat □ Stressed □ Good 		
Tuesday	□ Chill □ Angry □ Flat □ Stressed □ Good		
Wednesday	 □ Chill □ Angry □ Flat □ Stressed □ Good 		
Thursday	□ Chill □ Angry □ Flat □ Stressed □ Good		
Friday	□ Chill □ Angry □ Flat □ Stressed □ Good		
Saturday	□ Chill □ Angry □ Flat □ Stressed □ Good		
Sunday	□ Chill □ Angry □ Flat □ Stressed □ Good		

MICRO WINS LOG

Write down small things you did this week that deserve a fist bump — no matter how minor.

"Got out of bed when I didn't want to." | "Called a buddy." | "Did one more rep."



BUILDING THE HABIT

The habits I'm trying to build

(even if I suck at it):

Forget streaks. Just track what makes you feel more like you.

WEEKLY REFLECTION:

What helped this week?

🔧 What wore me down?

◎ NEXT WEEK, I WANT TO...

What's one thing I want to try, fix, or enjoy next week?

🔁 RESET RITUAL

What helps me reset for a new week?

- \Box Clean my space
- \Box Move my body
- □ Make a list
- □ *Talk to someone*□ _____

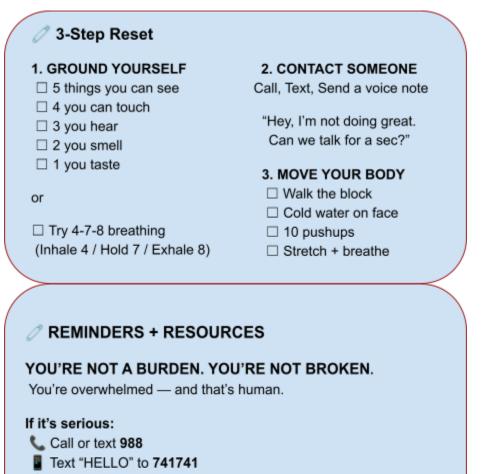
Add your own: What's your go-to reset move?

FiveForFighting.org



Foldable Wallet Card

(Print, cut, fold, carry.) For when your mind is spinning and you need a lifeline.



Call your buddy. Any buddy.

Keep this card in your wallet or glove box. Use it if you forget what to do.