



saving our sanity + the planet

Joy Tracker

Use the tracker to connect feelings of joy (and maybe less anxiety!) to the habits you are building with OneGreenThing. To begin, write down your #OneGreenThing activities in the chart below.

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Now think about how each activity makes you feel. On a scale of 0-10, score your feelings with a 0 being "not good" and a 10 being "joyful and meaningful." Once you decide how each activity made you feel, color in the corresponding block for the day of the week & the level of joy. What was your favorite #OneGreenThing?

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
0							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Feel the difference #OneGreenThing can make!

OneGreenThing.org