



DAILY TRACKER

DAY

OVERALL MOOD

DESIRE TO REACH FOR PHONE



DAILY INTENTION

WHAT DO YOU FEEL?

FOMO
FEAR OF MISSING OUT

JOMO
JOY OF MISSING OUT

DESCRIBE DAY IN 3 WORDS 1/ _____ 2/ _____ 3/ _____

SLEEP

WORSE

SAME

BETTER

PRODUCTIVITY

WORSE

SAME

BETTER

POSITIVITY

WORSE

SAME

BETTER

MINDFULNESS

WORSE

SAME

BETTER

