

Mood & Energy Journal

Purpose: To notice emotional and energy-level changes during the transition off caffeine.

Field	How to Fill It Out
Date	The day you're journaling about.
Mood	Describe your emotions throughout the day (e.g., anxious, calm, focused).
Energy Level	Note if energy was low, high, or fluctuated—rate it 1–10 if helpful.
Triggers	Identify anything that influences mood or energy (e.g., stress, food, rest).
Reflection	Jot down insights. Were you proud of yourself? Did you struggle? What will you try tomorrow?

[illegible]