

# MISSION LOG INSTRUCTIONS

## Welcome to your Daily Mission Log!

Every space explorer needs to keep track of their journey — and that’s exactly what this Mission Log is for! Use it each day to check in on how you’re feeling, how much energy you have and how well you’re taking care of your body. This log isn’t about being perfect, it’s about exploring how you feel, what helps and how you grow.

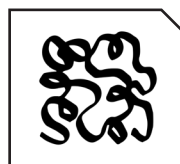
Each day, check in with yourself using these tools:

Energy 

Shade in how much energy you feel you have today. One square colored in may mean you’re tired, and all eight squares filled in may mean you’re feeling energized today!

Hydration 

Color in a drop each time you drink water or finish a cup, whatever best shows you’re meeting your hydration goals.



### Draw your Mood

Use colors, doodles or faces to show how you’re feeling. There’s no right way to express yourself!

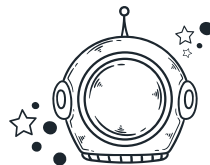
### Reflection Prompt

At the end of the day, answer the question to reflect on your day. You can write your thoughts on the provided lines.

### BADGE INSTRUCTIONS

At the end of the day, choose a badge that fits something you did or noticed. Cut it out. Color it in. Keep it somewhere special. You can collect your badges in a notebook, pin them to your wall or tape them in your log.

Every badge is a reminder: you’re doing your best, and that’s more than enough. Progress over perfection, always.



## CAPTAIN'S TIPS

### Space Hacks for a Stellar Day

#### Fuel Up Like an Astronaut

- Drink a glass of water every time you land back at your station. Water helps your body blast off!
- Eat foods of every color like red rocket apples, orange meteor carrots, green space peas and purple galaxy grapes. Colorful fuel powers you!

#### Recharge your Batteries

Even space explorers need naps, deep breaths or time in their bunk. Need a quick recharge? Try three deep breaths or a 5-minute space nap.

#### Energy Boosters

Out of fuel? Try one of these to help reset:

- Turning on your favorite song
- Drawing your dream planet
- Doing 10-seconds of silly movements

#### Send a Signal

It’s always okay to ask for help! Mission Control (that’s your grown-up or trusted adult) is here to guide you whenever you need.

Want to explore more fun resources and activities? Visit [NCHPAD.org](https://NCHPAD.org) with a parent or guardian to keep your wellness mission going strong!

Launch into the wellness space with NCHPAD!

# DAILY MISSION LOG



What kind of explorer are you?

Draw yourself! Include any gadgets, colors or gear that show off your unique style. Are you floating? Sitting on a comet? Smiling in your helmet? Be creative and have fun!

DATE \_\_\_\_\_

ENERGY LEVEL

HYDRATION

DRAW YOUR MOOD

What helped you feel good today?

DATE \_\_\_\_\_

ENERGY LEVEL

HYDRATION

DRAW YOUR MOOD

Did you feel more like resting or moving today? Why?

DATE \_\_\_\_\_

ENERGY LEVEL

HYDRATION

DRAW YOUR MOOD

What helped your body feel fueled or energized today?

DATE \_\_\_\_\_

ENERGY LEVEL

HYDRATION

DRAW YOUR MOOD

What's one thing that helped you feel calm or relaxed today?

DATE \_\_\_\_\_

ENERGY LEVEL

HYDRATION

DRAW YOUR MOOD

How did you sleep last night? Did it affect your energy today?

# WELLNESS BADGES



- **Captain Kind Badge:** You were kind to yourself or someone else.
- **Energy Explorer Badge:** You checked in with your energy and made choices that helped.
- **Signal Booster Badge:** You asked for help or supported someone.
- **Cosmic Calm Badge:** You practiced a calming or mindful moment.
- **Fuel Up Star Badge:** You made a choice that helped you feel good through food.