



LOTUS LACTATION

Daily Mood & Mindfulness Tracker

"Just like the lotus, we have the ability to rise from the mud, bloom out of the darkness, and radiate into the world."

Month: _____

🌸 DAILY MOOD PETALS

Color in or note a petal each day using the key to track your emotional landscape.

Day	Mood	Day	Mood	Day	Mood
1		12		23	
2		13		24	
3		14		25	
4		15		26	
5		16		27	
6		17		28	
7		18		29	
8		19		30	
9		20		31	
10		21			
11		22			

🎨 YOUR COLOR KEY

🟢 **Sage / Grounded:** Calm, content, connected, at peace.

🟡 **Gold / Radiant:** Joyful, energetic, proud, motivated.

🟦 **Soft Blue / Flowing:** Tired, sensitive, needing rest.

🟪 **Lavender / Growing:** Overwhelmed but resilient.

💧 THE NOURISHMENT CHECK-IN

As a nursing or pumping parent, your physical well-being deeply impacts your emotional landscape.

- ☐ **Hydration:** Did I drink enough water today to support my body and mind?
- ☐ **Rest:** Did I rest my body intentionally, even if sleep was fragmented?
- ☐ **Nourishment:** Did I eat meals that made me feel fueled, sustained, and cared for?
- ☐ **Self-Compassion:** Did I speak gently to myself through today's hard moments?

💭 EVENING REFLECTION & GRATITUDE

What brought me a moment of peace today?

A gentle reminder for tomorrow:

Lotus Lactation Support • Gentle Guidance for Your Nourishing Journey