**GRATITUDE EXPERIMENT CHECK LIST AND RESULTS SHEET**

**Name:**

**Start date: End date:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| DAY | CHECK LIST | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
| MONDAY | AM  PM |  |  |  |  |
| TUESDAY | AM  PM |  |  |  |  |
| WEDNESDAY | AM  PM |  |  |  |  |
| THURSDAY | AM  PM |  |  |  |  |
| FRIDAY | AM  PM |  |  |  |  |
| SATURDAY | AM  PM |  |  |  |  |
| SUNDAY | AM  PM |  |  |  |  |