


Weather Journal



A 30-Day Guided Journal



Tracker

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Step outside each day at a consistent time to take your readings
 - Record temperature in °C and estimate relative humidity if no sensor available
 - Describe the sky condition in a few words — sunny, partly cloudy, overcast, foggy
 - Check the precipitation and wind boxes if conditions were notable today
 - Rate cloud cover from 1 (clear blue sky) to 10 (fully overcast) for a quick visual summary



Scan for a detailed guide on how to use this journal

Weather Journal

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Temperature	_____	_____	_____	_____	_____	_____	_____
Humidity	_____	_____	_____	_____	_____	_____	_____
Sky condition	_____	_____	_____	_____	_____	_____	_____
Precipitation	<input type="checkbox"/>						
Wind	<input type="checkbox"/>						
Cloud cover	_____	_____	_____	_____	_____	_____	_____

Notes

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Humidity	_____	_____	_____	_____	_____	_____	_____
Sky condition	_____	_____	_____	_____	_____	_____	_____
Precipitation	<input type="checkbox"/>						
Wind	<input type="checkbox"/>						
Cloud cover	_____	_____	_____	_____	_____	_____	_____

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Humidity	_____	_____	_____	_____	_____	_____	_____
Sky condition	_____	_____	_____	_____	_____	_____	_____
Precipitation	<input type="checkbox"/>						
Wind	<input type="checkbox"/>						
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