

Daily Mood Tracker

Track your emotional patterns over time

Instructions: Rate your mood 1-2 times daily. Note what factors influenced your mood (sleep, activities, social interactions, etc.)

Mood Scale: 1 = Very Low | 3 = Low | 5 = Neutral | 7 = Good | 10 = Excellent

Day	Date	Morning Mood (1-10)	Evening Mood (1-10)	Sleep (hours)	Exercise (Y/N)	Social Time (Y/N)	Notes / Observations
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Weekly Reflection:

- What patterns do you notice in your mood over the week?

- What activities or situations improved your mood

- What activities or situations lowered your mood?

- What changes would you like to make next week?
