

WEEKLY MOOD TRACKER

Track Your Mood Each Day To Better Understand Patterns, Triggers, And Progress.
Circle Or Color The Mood Number That Best Describes How You Felt Overall That Day.

Mood Scale

- 0

I couldn't get out of bed
- 1

Exhausted and overwhelmed
- 2

Tired, anxious or tearful
- 3

Low energy, hard to focus
- 4

Somewhat okay, managing
- 5

Neutral, getting through
- 6

Not bad, minor ups and downs
- 7

Good energy and motivation
- 8

Happy, productive, present
- 9

Grateful, joyful, balanced
- 10

At peace, emotionally strong



Month - _____

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

DAY 31