

Mental Health & Mood Tracker



This tracker is designed to help you observe patterns in your mood, emotions, stress levels, and mental energy. Use it to reflect on emotional well-being and guide conversations with your coach or provider.

Date	Mood (1-10)	Emotions Felt	Stress Level (1-5)	Energy Level (1-5)	Coping Tools Used	Notes / Triggers / Wins

Tips:

- Choose words like anxious, calm, overwhelmed, hopeful, sad, grateful, etc.
- Try tracking at the same time daily – morning, midday, or evening.
- Use the last column to record triggers, small wins, or anything worth remembering.