

Daily Mood Tracker

DATE: _____

DAY: M - T - W - T - F - S - S

HOURS SLEPT

ENERGY LEVEL

STRESS LEVEL

TODAY I FELT

- loved
- valued
- proud
- grateful
- happy
- joyful
- content
- relaxed
- sick
- tired
- bored
- lazy
- angry
- anxious
- frustrated
- annoyed
- sad
- lonely
- depressed
- insecure
- productive
- motivated
- alive
- excited
- average
- normal
- fine
- OK

THREE THINGS TODAY I AM GRATEFUL FOR

1. _____

2. _____

3. _____

Water Intake (8 Glass A day):

DID I HAVE ENOUGH?	YES	NO
fruits/veggies	<input type="checkbox"/>	<input type="checkbox"/>
vitamins	<input type="checkbox"/>	<input type="checkbox"/>
fresh air	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>
sleep	<input type="checkbox"/>	<input type="checkbox"/>

HOW DID I FEEL TODAY IN THE... (CIRCLE ONE)

Morning?

Afternoon?

Evening?

MEDICATIONS

WHAT I DID TO TAKE CARE OF MYSELF

- walk
- meditate
- bath
- cook
- workout
- yoga
- music
- tv/movie
- read
- pets
- drive
- journal
- family
- friends
- play games
- shopping
- do hobbies
- extra sleep
- favourite food
- _____
- _____
- _____
- _____

What went well? What made me feel good? What I am proud of?

1. _____

2. _____

3. _____

MOOD TRACKER JOURNAL