

Daily Mood Tracker

DATE: _____

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

HOURS SLEPT

ENERGY LEVEL

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STRESS LEVEL

TODAY I FELT

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

THREE THINGS TODAY I AM GRATEFUL FOR

- _____
- _____
- _____

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

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

- _____
- _____
- _____

MOOD TRACKER JOURNAL