

Mood Tracker

Month: _____

Name: _____

Circle one face a day:



Very low



Low



Okay



Good



Great

Day			Mood			Sleep (h)	What shaped the day (trigger, event, who I saw)
1							
2							
3							
4							
5							
6							
7							
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25							
26							
27							
28							
29							
30							
31							

A mood diary records a pattern, it does not explain it. If low days are stacking up, or you are having thoughts of harming yourself, show this to your doctor or call a local crisis line.