Mood Tracker

Month _____ **Year** _____

Rate each day from 1 (very low) to 5 (great), or color the box: green = great · yellow = okay · orange = low · red = very low

Rate 1–5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Mood																															
Energy																															
Sleep quality																															
Stress (5 = calm)																															
Anxiety (5 = calm)																															
Exercise (✓)																															
Time outdoors (✓)																															
Social connection (✓)																															

THINGS THAT LIFTED MY MOOD

THINGS THAT BROUGHT ME DOWN

PATTERNS I NOTICED

If you're struggling, you're not alone. In the US, you can call or text 988 to reach the 988 Suicide & Crisis Lifeline, 24/7.