

# MOOD TRACKER

DATE \_\_\_\_\_

M T W T F S S

TODAY I'M GRATEFUL FOR \_\_\_\_\_

TODAY I FELT

- |            |           |              |         |          |              |           |             |
|------------|-----------|--------------|---------|----------|--------------|-----------|-------------|
| • happy    | • loved   | • motivated  | • sick  | • sad    | • angry      | • relaxed | • bored     |
| • joyful   | • proud   | • productive | • lazy  | • lonely | • anxious    | • hopeful | • depressed |
| • grateful | • content | • excited    | • tired | • unsure | • frustrated | • valued  | • annoyed   |

MY MOOD



MY STRESS



MY ENERGY



WHAT WENT WELL

WHAT DIDN'T WORK

MY WATER



WHAT DID I DO TO TAKE CARE OF MYSELF

- |        |         |                |                     |
|--------|---------|----------------|---------------------|
| • WALK | • READ  | • MEET FRIENDS | • WORKOUT           |
| • BATH | • SLEEP | • CRY          | • SHARE MY FEELINGS |
| • YOGA | • WRITE | • PLAY GAMES   | • WATCH MOVIE       |