

# MOOD TRACKER

1 MONTH

NAME: \_\_\_\_\_

DAY 1 - 15

| MOOD   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| <b>EXCITED</b> – I am super happy and optimistic about what today is bringing / has brought    |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>HAPPY</b> - In a good mood, and feeling good about the day but not necessarily excited      |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>NOSTALGIC</b> – I’m okay, but I am yearning for something. Something from my past           |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>IRRITABLE</b> – I am annoyed by someone or something  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>INDECISIVE</b> – I am honestly unsure about how today feels. But I am here                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>ANGRY</b> – I am truly angry and upset today. It is important I use anger management skills |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>ANXIOUS</b> – I am worried excessively today. My mind is all over; nervous                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>HOPELESS</b> – Today I feel discouraged and disheartened.                                   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| <b>DEPRESSED</b> – I am miserable and unhappy. Today is not good.                              |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |

DAY 16-31

| MOOD   | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|--|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| <b>EXCITED</b> – I am super happy and optimistic about what today is bringing / has brought    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>HAPPY</b> - In a good mood, and feeling good about the day but not necessarily excited      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>NOSTALGIC</b> – I’m okay, but I am yearning for something. Something from my past           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>IRRITABLE</b> – I am annoyed by someone or something  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>INDECISIVE</b> – I am honestly unsure about how today feels. But I am here                  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>ANGRY</b> – I am truly angry and upset today. It is important I use anger management skills |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>ANXIOUS</b> – I am worried excessively today. My mind is all over; nervous                  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>HOPELESS</b> – Today I feel discouraged and disheartened.                                   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>DEPRESSED</b> – I am miserable and unhappy. Today is not good.                              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

Notes: