

mini-COMPREHENSIVE MOOD diary

WEEKLY

NAME: _____

FILL OUT EACH SECTION AT THE END OF EACH DAY – WITHIN 60 MINUTES OF YOU GOING TO BED

DAY 1

Last night I slept for _____ hours

I remember waking up in an excited good fair bland somewhat sad depressed mood

I would rate my energy level today as (circle one):

Exhausted / Fatigued	Tired but Functioning	Calm and Alert	Active	Energetic
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Today I ate (include all meals, drinks and snacks):

By 12 noon today, I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My common habit I engaged in was (e.g., nail biting, ignoring text messages, dinking healthy smoothy, lashing out at others, procrastinating, organizing etc.):

Someone or something interesting I thought about today was: _____

By 4pm today, I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

I am trying to: _____

Right this very moment, I am feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My goal is to be asleep by: _____ pm and aim for _____ hours of sleep.

DAY 2

Last night I slept for _____ hours

I remember waking up in an excited good fair bland somewhat sad depressed mood

I would rate my energy level today as (circle one):

Exhausted / Fatigued	Tired but Functioning	Calm and Alert	Active	Energetic
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Today I ate (include all meals, drinks and snacks):

By 12 noon today , I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My common habit I engaged in was (e.g., nail biting, ignoring text messages, dinking healthy smoothy, lashing out at others, procrastinating, organizing etc.):

Someone or something interesting I thought about today was: _____

By 4pm today, I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

I am trying to: _____

Right this very moment, I am feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My goal is to be asleep by: _____ pm and aim for _____ hours of sleep.

DAY 3

Last night I slept for _____ hours

I remember waking up in an excited good fair bland somewhat sad depressed mood

I would rate my energy level today as (circle one):

Exhausted / Fatigued	Tired but Functioning	Calm and Alert	Active	Energetic
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Today I ate (include all meals, drinks and snacks):

By 12 noon today , I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My common habit I engaged in was (e.g., nail biting, ignoring text messages, dinking healthy smoothy, lashing out at others, procrastinating, organizing etc.):

Someone or something interesting I thought about today was: _____

By 4pm today, I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

I am trying to: _____

Right this very moment, I am feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My goal is to be asleep by: _____ pm and aim for _____ hours of sleep

DAY 4

Last night I slept for _____ hours

I remember waking up in an excited good fair bland somewhat sad depressed mood

I would rate my energy level today as (circle one):

Exhausted / Fatigued	Tired but Functioning	Calm and Alert	Active	Energetic
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Today I ate (include all meals, drinks and snacks):

By 12 noon today , I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My common habit I engaged in was (e.g., nail biting, ignoring text messages, dinking healthy smoothy, lashing out at others, procrastinating, organizing etc.):

Someone or something interesting I thought about today was: _____

By 4pm today, I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

I am trying to: _____

Right this very moment, I am feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My goal is to be asleep by: _____ pm and aim for _____ hours of sleep

DAY 5

Last night I slept for ____ hours

I remember waking up in an excited good fair bland somewhat sad depressed mood

I would rate my energy level today as (circle one):

Exhausted / Fatigued	Tired but Functioning	Calm and Alert	Active	Energetic
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Today I ate (include all meals, drinks and snacks):

By 12 noon today , I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My common habit I engaged in was (e.g., nail biting, ignoring text messages, dinking healthy smoothy, lashing out at others, procrastinating, organizing etc.):

Someone or something interesting I thought about today was: _____

By 4pm today, I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

I am trying to: _____

Right this very moment, I am feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My goal is to be asleep by: _____pm and aim for _____ hours of sleep

DAY 6

Last night I slept for _____ hours

I remember waking up in an excited good fair bland somewhat sad depressed mood

I would rate my energy level today as (circle one):

Exhausted / Fatigued	Tired but Functioning	Calm and Alert	Active	Energetic
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Today I ate (include all meals, drinks and snacks):

By 12 noon today , I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My common habit I engaged in was (e.g., nail biting, ignoring text messages, dinking healthy smoothy, lashing out at others, procrastinating, organizing etc.):

Someone or something interesting I thought about today was: _____

By 4pm today, I was feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

I am trying to: _____

Right this very moment, I am feeling: excited happy nostalgic irritable okay angry indecisive angry anxious depressed

My goal is to be asleep by: _____pm and aim for _____ hours of sleep

DAY 7

Last night I slept for _____ hours

I remember waking up in an excited good fair bland somewhat sad depressed mood

I would rate my energy level today as (circle one):

Exhausted / Fatigued	Tired but Functioning	Calm and Alert	Active	Energetic
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Today I ate (include all meals, drinks and snacks):

By 12 noon today , I was feeling: excited happynostalgicirritableokayangryindecisiveangryanxiousdepressed

My common habit I engaged in was (e.g., nail biting, ignoring text messages, dinking healthy smoothy, lashing out at others, procrastinating, organizing etc.):

Someone or something interesting I thought about today was: _____

By 4pm today, I was feeling: excited happynostalgicirritableokayangryindecisiveangryanxiousdepressed

I am trying to: _____

Right this very moment, I am feeling: excited happynostalgicirritableokayangryindecisiveangryanxiousdepressed

My goal is to be asleep by: _____pm and aim for _____ hours of sleep

...complete this page also **at the end of day 7**

The week is over, and inclusively, I would rate my mood as:

- Excited how the week went and for the week ahead
- Content about my week. Nothing special, but nothing I think was negative
- Glad the week is over and looking forward to next week
- Glad the week is over and anxious about next week
- I don't know. Just glad the week is over
- I was not myself this week
- I was really sad this week
- I was really angry this week
- I was really anxious this week

This week if I needed help / support I asked for it Tried to deal with it on my own Does not apply to my week

My quote for the week is:

“ _____

_____”

By: _____

Review the context of your last 7 days with your therapist / counselor or trusted individual. Look for patterns and engage in reflective conversation about what you see. Then move on to determining why this pattern existed this week, this can help you target a short term or long-term solution.

To get a more comprehensive analysis, repeat this mini diary 4 times for a full 1-month period.