

# Daily Mood Tracker



Week Commencing	Last Weeks Mood									
/ /	1	2	3	4	5	6	7	8	9	10

Instructions: In the table below track your mood level 3 times a day by shading in the appropriate number for your mood at that time.

At the end of the week create an X Y graph by connecting the dots from left to right. This will give you a visual representation of your mood throughout the week.

If you note any causes of change in your mood you should be able to identify triggers for low ratings, to allow you to make changes or use coping strategies to improve your mood.

Rating	Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>10</b> Loving Life							
<b>9</b> In a good place							
<b>8</b> Pretty Good							
<b>7</b> Things are looking up							
<b>6</b> Can't Complain							
<b>5</b> So, So							
<b>4</b> Could be better							
<b>3</b> Totally Meh							
<b>2</b> Not in a good place							
<b>1</b> Can't take anymore							
<b>Time of Day</b>	AM Noon PM	AM Noon PM	AM Noon PM	AM Noon PM	AM Noon PM	AM Noon PM	AM Noon PM
<b>Causes and Motivators of High Ratings</b>		<b>Causes and Motivators of Medium Ratings</b>			<b>Causes and Motivators of Low Ratings</b>		
<b>Common Influences on Mood ratings</b>							
Lack of Sleep	Diet	Events in News	Boyfriend/Girlfriend	Family			
School Work	Weather	Forgot to Take Medication	Headache	Appearance			
Periods	Lack of Routine	Friends	Illness	Other (please specify below)			