

Track Your Mood

Mood Tracker

What’s your mood? People can feel happy, worried, and sad all in a 24-hour period. Some feel happy all day long. Some feel lonely or angry much of the time. Use this form to keep track.

Use one form each day. Check all emotions that you feel. Use the blank slots to add your own feelings. Write down the hours that you slept at night and during the day if you took a nap. If you are awake at night, check your feelings at that time.

Mark down your mood for each time of the day, like this:

Day | Date: *January 24* Work/Busy Day ☒ Day Off/Vacation ☐

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Excited	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Silly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nervous	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Remember to fill out the other questions about sleep, water, etc.

Do you notice a change in your mood based on what you are doing? The space below is for your notes.

What I noticed on days I worked or was busy:

What I noticed on days I didn’t work or wasn’t busy:

Let’s Get Started!

Mood Tracker: Day 1

Day | Date:

Work/Busy Day

Day Off/Vacation

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy					
Excited					
Silly					
Brave					
Lonely					
Nervous					
Worried					
Sad					
Upset					
Stressed					
Grumpy					
Angry					
Hopeless					
Tired					
Afraid					
Bored					
Calm					
Content					
Relaxed					
Thankful					

Time slept

Hours

Minutes

Time napping

Hours

Minutes

Did your nap disturb nighttime sleep?

Yes

No

How many cups (8 ounces) of water did you drink today?

These things can affect your mood. Check any that you had today:

Exercise

Medication/Other Drugs

Caffeine

Alcohol

Sugar

Mood Tracker: Day 2

Day | Date:

Work/Busy Day

Day Off/Vacation

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy					
Excited					
Silly					
Brave					
Lonely					
Nervous					
Worried					
Sad					
Upset					
Stressed					
Grumpy					
Angry					
Hopeless					
Tired					
Afraid					
Bored					
Calm					
Content					
Relaxed					
Thankful					

Time slept

Hours

Minutes

Time napping

Hours

Minutes

Did your nap disturb nighttime sleep?

Yes

No

How many cups (8 ounces) of water did you drink today?

These things can affect your mood. Check any that you had today:

Exercise

Medication/Other Drugs

Caffeine

Alcohol

Sugar

Mood Tracker: Day 3

Day | Date:

Work/Busy Day

Day Off/Vacation

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy					
Excited					
Silly					
Brave					
Lonely					
Nervous					
Worried					
Sad					
Upset					
Stressed					
Grumpy					
Angry					
Hopeless					
Tired					
Afraid					
Bored					
Calm					
Content					
Relaxed					
Thankful					

Time slept

Hours

Minutes

Time napping

Hours

Minutes

Did your nap disturb nighttime sleep?

Yes

No

How many cups (8 ounces) of water did you drink today?

These things can affect your mood. Check any that you had today:

Exercise

Medication/Other Drugs

Caffeine

Alcohol

Sugar

Mood Tracker: Day 4

Day | Date:

Work/Busy Day

Day Off/Vacation

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy					
Excited					
Silly					
Brave					
Lonely					
Nervous					
Worried					
Sad					
Upset					
Stressed					
Grumpy					
Angry					
Hopeless					
Tired					
Afraid					
Bored					
Calm					
Content					
Relaxed					
Thankful					

Time slept

Hours

Minutes

Time napping

Hours

Minutes

Did your nap disturb nighttime sleep?

Yes

No

How many cups (8 ounces) of water did you drink today?

These things can affect your mood. Check any that you had today:

- Exercise
- Medication/Other Drugs
- Caffeine
- Alcohol
- Sugar

Mood Tracker: Day 5

Day | Date:

Work/Busy Day

Day Off/Vacation

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy					
Excited					
Silly					
Brave					
Lonely					
Nervous					
Worried					
Sad					
Upset					
Stressed					
Grumpy					
Angry					
Hopeless					
Tired					
Afraid					
Bored					
Calm					
Content					
Relaxed					
Thankful					

Time slept

Hours

Minutes

Time napping

Hours

Minutes

Did your nap disturb nighttime sleep?

Yes

No

How many cups (8 ounces) of water did you drink today?

These things can affect your mood. Check any that you had today:

Exercise

Medication/Other Drugs

Caffeine

Alcohol

Sugar

Mood Tracker: Day 6

Day | Date:

Work/Busy Day

Day Off/Vacation

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy					
Excited					
Silly					
Brave					
Lonely					
Nervous					
Worried					
Sad					
Upset					
Stressed					
Grumpy					
Angry					
Hopeless					
Tired					
Afraid					
Bored					
Calm					
Content					
Relaxed					
Thankful					

Time slept

Hours

Minutes

Time napping

Hours

Minutes

Did your nap disturb nighttime sleep?

Yes

No

How many cups (8 ounces) of water did you drink today?

These things can affect your mood. Check any that you had today:

- Exercise
- Medication/Other Drugs
- Caffeine
- Alcohol
- Sugar

Mood Tracker: Day 7

Day | Date:

Work/Busy Day

Day Off/Vacation

Mood	Morning	Mid-day	Afternoon	Evening	Night
Happy					
Excited					
Silly					
Brave					
Lonely					
Nervous					
Worried					
Sad					
Upset					
Stressed					
Grumpy					
Angry					
Hopeless					
Tired					
Afraid					
Bored					
Calm					
Content					
Relaxed					
Thankful					

Time slept

Hours

Minutes

Time napping

Hours

Minutes

Did your nap disturb nighttime sleep?

Yes

No

How many cups (8 ounces) of water did you drink today?

These things can affect your mood. Check any that you had today:

- Exercise
- Medication/Other Drugs
- Caffeine
- Alcohol
- Sugar