

Monthly Mood Tracker

Circle one number per row · 1 = very low · 5 = great

Month: _____ Year: _____

Day	Mood (1–5)	Anxiety (1–5)	Sleep	Note
1	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
2	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
3	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
4	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
5	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
6	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
7	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
8	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
9	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
10	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
11	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
12	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
13	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
14	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
15	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
16	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
17	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
18	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
19	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
20	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
21	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
22	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
23	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
24	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
25	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
26	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
27	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
28	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
29	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
30	① ② ③ ④ ⑤	① ② ③ ④ ⑤		
31	① ② ③ ④ ⑤	① ② ③ ④ ⑤		

Key: circle the number, don't agonize over it. After a month, look for streaks of 1s and 2s and what the notes beside them have in common.