Mood Tracker Bullet Journal Spread

Monthly mood log with key

Month: _____ Year: _____

Mood Key

- ☐ Great
- ☐ Good
- ☐ Okay
- ☐ Low
- ☐ Difficult

Daily Mood Log

Day	Mood	Notes
1		
2		
3		
4		
5		
6		
7		
8		
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10		
11		
12		
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28		
29		
30		
31		

Patterns Noticed This Month

Fill in one row at the same time each day, like right before bed, so it stays a quick habit instead of a guessing game. At month's end, review the full column to spot which days or weeks cluster together.