Monthly Mood Tracker

Color one box a day, then look back at the pattern

Month: _____ Year: _____

Mood Key

- ☐ Great
- ☐ Good
- ☐ Okay
- ☐ Low
- ☐ Stressed
- ☐ Sick

Daily Mood Grid

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Monthly Reflection

What helped this month:

What didn't:

Fill in a box at the same time each day, like right before bed, so you're not guessing later. At month's end, spend five minutes scanning the grid for patterns before starting a new one.