FREE MOOD TRACKER WORKSHEET

My weekly *mood tracker*

Noticing patterns is the first step to caring for yourself well. Each day, fill in one circle for mood and energy (1 is low, 5 is high), note your sleep and what helped.

Week of: _____

DAY	MOOD 1 TO 5	ENERGY 1 TO 5	SLEEP (HRS)	WHAT HELPED TODAY?	ONE THING I'M GRATEFUL FOR
Mon	○○○○○	○○○○○			
Tue	○○○○○	○○○○○			
Wed	○○○○○	○○○○○			
Thu	○○○○○	○○○○○			
Fri	○○○○○	○○○○○			
Sat	○○○○○	○○○○○			
Sun	○○○○○	○○○○○			

Looking back on my week

What patterns do I notice? Which days felt heavier, and why?

Next week, I will...

One small way I'll care for myself.

If your low mood lasts most days for two weeks or more, please reach out to a therapist or your doctor. You deserve support.

Want to go deeper this winter?

Reframing the Winter Season is our 28 page workbook with a 30 day tracker and a winter care plan.

Get the workbook