

**Mood Tracker**

Why track your mood?

Tracking your mood can help you notice patterns in how your feelings change over time. By writing down your emotions alongside factors like sleep, stress, or daily activities, you can begin to see connections between what you do and how you feel. This self-awareness is the first step toward making positive changes in your wellbeing.

What to do with patterns you notice

If you see patterns emerging — for example, feeling low when you skip meals or more positive after exercise, you can use this information to support healthier routines. Patterns can also highlight triggers for stress, anxiety, or low mood. If you find the patterns difficult to understand or manage, bringing your tracker to therapy can help you explore these connections in more depth and find strategies that work for you.

Weekly mood tracker

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| Date | Mood (1-10) | Energy level | Sleep quality | Notes (Events/triggers) |
| WEEK ONE | | | | |
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| Date | Mood (1-10) | Energy level | Sleep quality | Notes (Events/triggers) |
| WEEK TWO | | | | |
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*This resource is not a substitute for therapy.*