


Mood Tracker: Use this tracker to identify any patterns in your mood over a week and to help you to notice any factors which might influence it.

For each day, rate your overall mood from 1-10.

First, rate each factor from 1-10 (10 being most positive)

Then rate your overall mood that day (1-10)

 Day	Adequate Sleep	Healthy food & hydration	Physical exercise	Balanced screen time	Positive connection to others	Use of Positive Morning Mental Health Routine	Overall Mood
Mon							
Tues							
Wed							
Thurs							
Fri							
Sat							
Sun							

What patterns do you notice? How can you use this information, going forward?