

Mood tracker

Week of _____

	# OF HOURS SLEPT LAST NIGHT	TRIGGERING EVENTS	HOW I FELT	OVERALL MOOD TODAY 1 = depressed; 7 = euphoric
<i>sunday</i>				① ② ③ ④ ⑤ ⑥ ⑦
<i>monday</i>				① ② ③ ④ ⑤ ⑥ ⑦
<i>tuesday</i>				① ② ③ ④ ⑤ ⑥ ⑦
<i>wednesday</i>				① ② ③ ④ ⑤ ⑥ ⑦
<i>thursday</i>				① ② ③ ④ ⑤ ⑥ ⑦
<i>friday</i>				① ② ③ ④ ⑤ ⑥ ⑦
<i>saturday</i>				① ② ③ ④ ⑤ ⑥ ⑦