



CareClinic

Weekly Mood Tracker

Week of: _____ to: _____

Mood Scale Reference



1-2
Very Low



3-4
Low



5-6
Neutral



7-8
Good



9-10
Excellent

Day	Morning Mood (1-10)	Afternoon Mood (1-10)	Evening Mood (1-10)	Sleep Hours	Energy Level (fill dots)
Monday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	○ ○ ○ ○ ○
Tuesday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	○ ○ ○ ○ ○
Wednesday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	○ ○ ○ ○ ○
Thursday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	○ ○ ○ ○ ○
Friday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	○ ○ ○ ○ ○
Saturday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	○ ○ ○ ○ ○
Sunday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	○ ○ ○ ○ ○

Daily Dominant Emotions

Write the main emotion you felt each day (happy, anxious, calm, frustrated, etc.)

MON	TUE	WED	THU	FRI	SAT	SUN
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Weekly Patterns & Insights

What patterns do you notice in your mood this week?

What helped improve your mood this week?

Download the Free CareClinic App - <https://careclinic.io> - Available on iOS & Android
Transform your wellness journey with comprehensive health tracking