

Mood Tracker

Color in each day and watch your month take shape.



WHY IT HELPS

Moods shift for many reasons, and a week later they are hard to remember. A month of colors shows your ups and downs at a glance. The small ticks under each day show what your good days have in common.

Bring it to your doctor or therapist to show how the month really went.

EACH DAY TAKES A MINUTE

- | | |
|---------------|---|
| Choose | Pick five colors and name your moods. |
| Color | Fill in each day before bed. |
| Plot | Mark a score from 1 to 10 on the chart. |
| Review | Look back at the end of the month. |



Any five colors will do. Colored pencils work well. What matters is that each color means something to you.

MONTH

May

YEAR

2026

SOMETHING I WANT TO NOTICE

Do walks help on low days?

1 My mood key

Pick five colors. Name each in your own words.

1  Great

2  Good

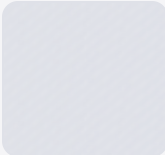
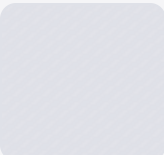
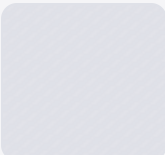
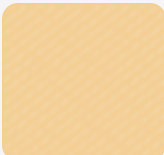
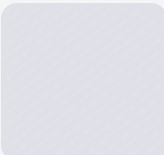
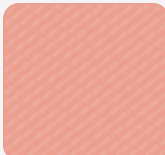
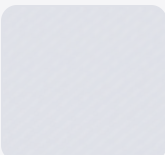
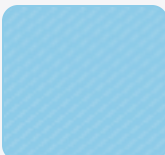
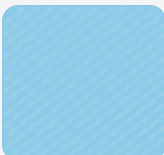
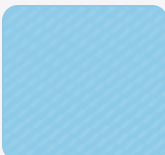
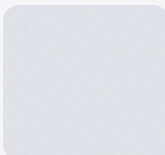
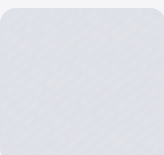
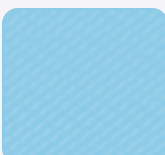
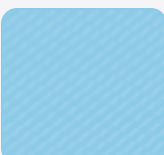
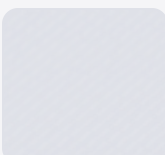
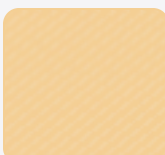
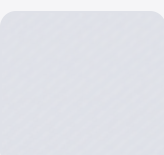
3  Okay

4  Low

5  Very low

2 My month in color

Color each day with your key, or write its number.

1  ☒ ☒ ☐ ☐	2  ☒ ☒ ☐ ☐	3  ☐ ☐ ☐ ☐	4  ☒ ☒ ☐ ☐	5  ☒ ☒ ☒ ☐	6  ☒ ☒ ☒ ☐	7  ☒ ☐ ☐ ☐
8  ☒ ☐ ☐ ☐	9  ☐ ☒ ☒ ☐	10  ☐ ☐ ☐ ☐	11  ☐ ☐ ☐ ☐	12  ☒ ☒ ☒ ☐	13  ☐ ☐ ☒ ☒	14  ☐ ☐ ☐ ☒
15  ☐ ☐ ☐ ☒	16  ☒ ☐ ☐ ☒	17  ☒ ☒ ☐ ☒	18  ☒ ☒ ☐ ☐	19  ☒ ☒ ☒ ☐	20  ☒ ☒ ☒ ☐	21  ☐ ☐ ☐ ☐
22  ☒ ☐ ☐ ☐	23  ☒ ☒ ☒ ☐	24  ☒ ☒ ☐ ☐	25  ☒ ☒ ☐ ☐	26  ☒ ☒ ☒ ☐	27  ☐ ☐ ☒ ☐	28  ☐ ☐ ☐ ☐
29  ☐ ☐ ☐ ☐	30  ☒ ☒ ☐ ☐	31  ☒ ☒ ☐ ☐	<div>THE SMALL TICKS</div> <div> ☒ Slept well ☐ Moved my body </div> <div> ☐ Saw someone ☐ Period </div>			

MONTH

YEAR

SOMETHING I WANT TO NOTICE

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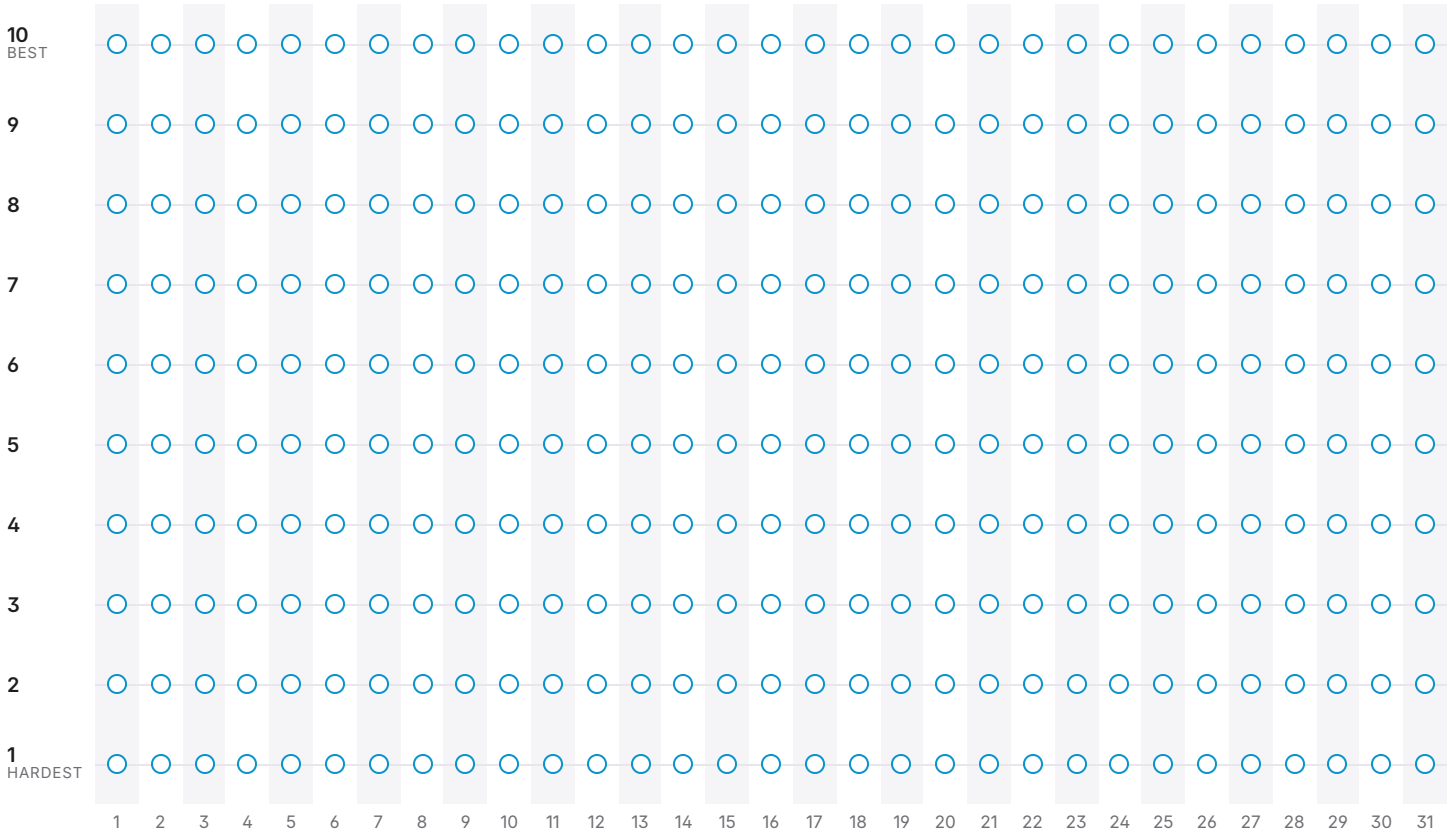
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<div> <div>THE SMALL TICKS</div> <div> ☐ Slept well ☐ Moved my body </div> <div> ☐ Saw someone ☐ Period </div> </div>			

MONTH

YEAR

1 Mood chart

10 is your best, 1 your hardest. Mark each day, then join the dots.



2 Big days

What happened on the high and low points?

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

DAY _____

Looking back on my month

Count your colors and ticks, then look for what your best and hardest days shared.

DAYS IN EACH COLOR

<input type="text"/>	_____	_____	days
<input type="text"/>	_____	_____	days
<input type="text"/>	_____	_____	days
<input type="text"/>	_____	_____	days
<input type="text"/>	_____	_____	days

DAYS WITH EACH TICK

	Slept well	_____	days
	Moved my body	_____	days
	Saw someone	_____	days
	Period	_____	days

MY BEST DAYS HAD IN COMMON

MY HARD DAYS HAD IN COMMON

NEXT MONTH, I WANT TO TRY

FOR MY NEXT APPOINTMENT

Questions or changes to raise with my doctor, therapist or care team.
