Mood Tracker

Monthly grid - one row per day. Circle a mood, note sleep and energy, add one line.

Mood: 1 = very low 2 = low 3 = OK 4 = good 5 = great

Energy uses the same 1-5 scale. Sleep is hours. Keep it to 10 seconds a day - the pattern shows up after a few weeks.

Date	Mood 1 2 3 4 5	Sleep (h)	Energy 1-5	One line about the day
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	◯ ◯ ◯ ◯ ◯			

Tip: after 30 days, look for the rows that repeat - low sleep, low mood the next day is the pattern most people find first.

Free printable from xmoapps.com - also available as an app: AI Mood Tracker.