

Day	Morning Mood	Evening Mood	Energy level	Exercise? Y/N	Nutrition	Medication	Hours of Sleep
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



\*When tracking your moods in the morning and evening, you can use a scale from 1-10 where 1 is extreme sadness/depression, 5 is a neutral mood, and 10 is extreme elation **OR** you can write in the description you feel best describes your mood state.

\*\*If you are feeling suicidal, manic, or in a psychosis, seek help immediately.

\*Keep a journal as you track your moods so that you can elaborate on any variances in your normal routine, diet, exercise, etc.