



आधार मानसोपचार क्लिनिक

DAILY MOOD TRACKER

A printable weekly chart to help you
track mood fluctuations and identify potential triggers.



Why track your mood?

Tracking your mood can help you understand patterns, manage your well-being better and have more meaningful conversations with your healthcare professional.

Week Of: _____

Name (Optional): _____

MOOD GUIDE



1 **Very Low**
(Very Sad /
Overwhelmed)



2 **Low**
(Sad /
Down)



3 **Neutral**
(Okay /
Average)



4 **Good**
(Happy /
Calm)



5 **Very Good**
(Very Happy /
Energetic)



Rate your overall mood
each day on a scale
of 1 to 5.

DAY	DATE	MOOD (1-5)	WHAT WAS HAPPENING TODAY? (Activities, Events, People)	POTENTIAL TRIGGERS (Stress, Conflict, Work, Health, etc.)	SLEEP HOURS 🌙	NOTES (Anything else you want to add)
 MONDAY	___ / ___	① ② ③ ④ ⑤	_____	_____	____ hrs	_____
 TUESDAY	___ / ___	① ② ③ ④ ⑤	_____	_____	____ hrs	_____
 WEDNESDAY	___ / ___	① ② ③ ④ ⑤	_____	_____	____ hrs	_____
 THURSDAY	___ / ___	① ② ③ ④ ⑤	_____	_____	____ hrs	_____
 FRIDAY	___ / ___	① ② ③ ④ ⑤	_____	_____	____ hrs	_____
 SATURDAY	___ / ___	① ② ③ ④ ⑤	_____	_____	____ hrs	_____
 SUNDAY	___ / ___	① ② ③ ④ ⑤	_____	_____	____ hrs	_____



WEEKLY REFLECTION

• What were the best days of the week and why?

• What were the more challenging days and why?

• What patterns do you notice?

• What one small change can help you feel better next week?



TIPS



Be honest with yourself.
This is for your awareness,
not for judgment.



Consistency is key.
Track daily for the best
insights.



Share this with your
mental health professional
to get better support.



Small steps lead to
big changes.



REMEMBER

It's okay to have
ups and downs.
You are not alone.

Tracking is the first step
towards understanding
and healing.



This tracker is not a diagnostic tool. If you are experiencing severe distress,
please reach out to your mental health professional.



If you need immediate support,
please contact your doctor or a helpline.