

# MOOD & ANXIETY DAILY TRACKER

Month: \_\_\_\_\_

Year: \_\_\_\_\_

<b>DAY</b>	<b>OVERALL MOOD (1-10)</b>	<b>ANXIETY LEVEL</b>	<b>DEPRESSION</b>	<b>KEY TRIGGERS / SYMPTOMS</b>	<b>NOTES &amp; SLEEP HOURS</b>
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

<b>DAY</b>	<b>OVERALL MOOD (1-10)</b>	<b>ANXIETY LEVEL</b>	<b>DEPRESSION</b>	<b>KEY TRIGGERS / SYMPTOMS</b>	<b>NOTES &amp; SLEEP HOURS</b>
<b>14</b>					
<b>15</b>					

**Mood Scale** 1: Very Low / 10: Excellent

**Anxiety/Depression** L: Low / M: Moderate / H: High

**Physical Symptoms** Fatigue, Tension, Heart Rate, Appetite