

DAILY MOOD LOG

Therapy Progress Tracker

Date: _____

Emotional Intensity (Scale 0-10)

Emotion
1
2
3
4
5
6
7
8
9
10
Anxiety
Depression
Anger
Contentment

Daily Reflections

Primary Triggers Today:

Coping Skills Utilized:

Automatic Thoughts & Cognitive Distortions:

Sleep Hours: _____ Appetite: 1 2 3 4 5 Energy Level: 1 2 3 4 5