

MOOD TRACKER

Month: _____ Week: _____

Metric (Scale 1-10)	MON	TUE	WED	THU	FRI	SAT	SUN
Overall Mood							
Anxiety Level							
Depressive Symptoms							
Energy Level							
Sleep Quality							
Social Interest							
Physical Activity							

Scale: 1 - Lowest / Very Poor 5 - Average / Neutral 10 - Highest / Excellent