

# Mood Tracking

When you are upset or depressed, it can seem like you always feel that way. Use this chart to track your feelings for the week. Give yourself an overall rating for the day. Then, note times during the day when you experienced highs and lows. Note the time of the day, activities you were doing, and how your body felt. At the end of the week, review your chart and highlight any trends or triggers you may have noticed. What strategies can you use to prevent or overcome periods of low mood?

	<b>Overall Daily Mood Rating</b> (1-10, with 1 being awful and 10 being great)	<b>Elevated Mood</b> (list activities going on, time of day, how your body felt)	<b>Low Mood</b> (list activities going on, time of day, how your body felt)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			