

Mood Tracker

At the same time each day of the week for the month track your mood.
When you have done one week see if you can see a pattern.

Monday

Strong	Confident	Anxious	Bored	High	<input type="radio"/>
Creative	Energized	Fearful	Weary	Medium	<input type="radio"/>
Happy	Expectant	Frustrated	Depressed	Low	<input type="radio"/>

Why?
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Tuesday

Strong	Confident	Anxious	Bored	High	<input type="radio"/>
Creative	Energized	Fearful	Weary	Medium	<input type="radio"/>
Happy	Expectant	Frustrated	Depressed	Low	<input type="radio"/>

Why?
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Wednesday

Strong	Confident	Anxious	Bored	High	<input type="radio"/>
Creative	Energized	Fearful	Weary	Medium	<input type="radio"/>
Happy	Expectant	Frustrated	Depressed	Low	<input type="radio"/>

Why?
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Thursday

Strong	Confident	Anxious	Bored	High	<input type="radio"/>
Creative	Energized	Fearful	Weary	Medium	<input type="radio"/>
Happy	Expectant	Frustrated	Depressed	Low	<input type="radio"/>

Why?
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Friday

Strong	Confident	Anxious	Bored	High	<input type="radio"/>
Creative	Energized	Fearful	Weary	Medium	<input type="radio"/>
Happy	Expectant	Frustrated	Depressed	Low	<input type="radio"/>

Why?
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Saturday

Strong	Confident	Anxious	Bored	High	<input type="radio"/>
Creative	Energized	Fearful	Weary	Medium	<input type="radio"/>
Happy	Expectant	Frustrated	Depressed	Low	<input type="radio"/>

Why?
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Sunday

Strong	Confident	Anxious	Bored	High	<input type="radio"/>
Creative	Energized	Fearful	Weary	Medium	<input type="radio"/>
Happy	Expectant	Frustrated	Depressed	Low	<input type="radio"/>

Why?
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After you have tracked for a month ask if your mood is generally low/high
Is there a recurring mood?
What issues have you 'verified'?

Week One

Main moods

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Total highs

Total mediums

Total lows

Week Two

Main moods

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Total highs

Total mediums

Total lows

Week Three

Main moods

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Total highs

Total mediums

Total lows

Week Four

Main moods

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Total highs

Total mediums

Total lows