



Weekly Mood Tracker

See the patterns: what lifts your mood, what weighs on it, and what's changing.

Tracking your mood turns vague impressions into something you can actually see. Over a few weeks, patterns emerge — the effect of sleep, stress, routines, or a new medication — and that information helps both you and your clinician make better decisions. This is the idea behind measurement-based care: small, regular check-ins lead to clearer treatment.

How to use it

- Pick a consistent time each day (many people use the evening).
- Rate mood and anxiety on a 0–10 scale: 0 = lowest/most distressed, 10 = best/caldest.
- Jot a few words in Notes — events, triggers, anything notable. Bring the page to appointments.

This week

Day	Mood 0–10	Anxiety 0–10	Sleep (hrs)	Meds taken	Notes / triggers
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

End-of-week reflection

Best day this week — and why	
Hardest day — and what helped	
One thing to carry into next week	

Bring this worksheet to your next appointment.