

The Mood Tracker

One bad day is weather. A month is a chart.

Each evening, tick one box for the day overall — ten seconds, no essay. The point isn't any single day; it's the shape a month makes. Patterns you can't feel from inside a day (the Sunday dips, the recovery after hard weeks) become obvious on paper.

Month: _____

Day	Great	Good	Okay	Low	Rough
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					

Day	Great	Good	Okay	Low	Rough
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

Notes & patterns

Days that stood out, and what was going on: _____

What the month's shape tells me: _____

Read the trend, not the dot. Everyone logs Low and Rough days — that's weather. If the chart sits in the bottom rows for weeks despite real effort, treat it as data pointing toward a conversation with a professional.