Weekly Mood Tracker

Rate mood 0 to 10 (or circle a face). Note sleep, energy or one word about the day.

Name: _____ **Date:** _____

Scale: 0 = very low / hard day 5 = okay / mixed 10 = very good / steady

Optional faces scale (kids or quick check)



This week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	0-10	0-10	0-10	0-10	0-10	0-10	0-10
Afternoon	0-10	0-10	0-10	0-10	0-10	0-10	0-10
Evening	0-10	0-10	0-10	0-10	0-10	0-10	0-10
Notes / sleep							

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Mood Pattern Map

Look across a week. Patterns are clues for care, not a diagnosis.

Name: _____ **Date:** _____

Week of / focus question: _____

Triggers and hard moments

What came before a low rating?
Conflict, news, deadlines, loneliness, pain?

Sleep and body

Hours slept, rest quality, meals, movement, meds timing (facts only).

Energy and anxiety

High, medium, low energy. Calm, worried, tense. Any panic spikes?

What helped

People, places, skills, rest, outdoor time, therapy homework, kindness.

One pattern I notice (without judging myself)

One small experiment for next week: _____

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Kids Feelings Tracker and Weekly Review

Kids: circle a face each day. Adults: use the review box. Cut out mood cards if you like.

Name: _____ **Date:** _____

My feelings this week (kids)

Mon	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐

Adult / teen weekly review

Best day and why: _____

Hardest day and why: _____

Average mood this week (0-10): _____

One thing that helped: _____

Ask for help if: _____

8 mood face cards (cut out, use as a quick check or fridge chart)

1 Very low
Hard day. Be gentle.

2 Low
Something feels heavy.

3 So-so
Mixed or flat.

4 Okay
Managing.

5 Good
Steady and okay.

6 Bright
More energy today.

7 Strong
Feeling capable.

8 Great
Glad and grounded.

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