

30-Day Mood Log

Objective

To track your moods for at least thirty days.

What to Know

A mood log is used to track your mood daily or several times a day. You can represent your mood with different colors, emojis, words, or patterns. When you consistently use a mood log, you can see how your feelings change within the month.

Here are some common reasons to use a mood log:

- **To identify patterns.** When you track your mood, you can see at a glance the number of days you feel good or not so good.
- **To identify emotional triggers.** Sometimes certain events trigger intense emotions. Mood tracking can help you find and manage triggers.
- **To find connections with other factors.** Hormones, weather, lack of sleep, physical activity, and hydration all contribute to mood changes. By keeping a mood log you can cross-reference other potential factors.

Keeping a mood log is a habit that takes time, and consistency is key. Here are some tips:

- 1. Start small and keep it simple.** You may want to start with 3-5 “types” of feelings instead of overcomplicating your log.
- 2. Keep it interesting.** Documenting your mood each day should not be a chore! If the process starts to get boring or you find that you forget to use your log, try new templates or draw your own tracker. Make tracking your mood fun and fulfilling.
- 3. Regularly review mood shifts.** If you want to discover what impacts your mood, reflect on your entries at least once/week. You may find a pattern when comparing your mood log to a sleep tracker or journal.

What to Do

Fill in the log on the next page each day for one month. In the first column, note how you feel. You might do this more than once/day. In the second column, rate your mood from 1 to 10, where 1 = extremely low/bad mood, and 10 = extremely positive mood. In the third column, write down some words to describe the emotions you felt that day. Use stickers, different colors, symbols, patterns, and so on. Finally, write down any important events or significant things that happened to you each day.

Day	How do you feel?	Mood rating (1-10)	Emotions	What happened today?
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