DAILY MOOD TRACKER
BY ROSE-MINDED.COM

5 Things I'm grateful for:
1. 
2. 
3. 
4. 
5. 

My sleep last night was (circle one):
GREAT  GOOD  OKAY  EH  BAD

Approx. hours: __________________

How well did I eat today (circle one)?
1  2  3  4  5

Approx. cups of water today: __________________

General well-being (fill in one):

Choose the feelings that relate to you from the emotion chart and write them in a list:

Fill in your emotion appropriately:

STRESSORS:

When I woke up I felt:

During the day I felt:

Before I went to bed I felt:

Something that was on my mind today:

(Circle one)

My self-care today was:
GREAT  GOOD  OKAY  EH  BAD

I love & appreciate myself this much today:
1  2  3  4  5

Look at the following emotional expressions and sketch the one that best fits your answer to the following statements:

What did I do to take care of myself today?

What I want to do to take care of myself tomorrow: