# Daily Mood Tracker

**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):**

- 😞  
- 😞  
- 😊  

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

- 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:**

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(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 select the one that best fits your answer to the following statements:**

- Today my thoughts made me feel: ____________________________________
- Today my behaviors made me feel: __________________________________
- Today others made me feel: _________________________________________
- Today I think I made others feel: ___________________________________  
- Tomorrow I want to feel: ___________________________________________  

**What did I do to take care of myself today?**

________________________

________________________

________________________

________________________

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

________________________

________________________

________________________

________________________