MONTHLY

Mood Tracker

Month _____ Year _____

Write the dates in, then color each day by how it felt.

MON	TUE	WED	THU	FRI	SAT	SUN

Mood key

- Excellent _____ days
- Very good _____ days
- Good _____ days
- Neutral _____ days
- Not so good _____ days
- Very bad _____ days
- Terrible _____ days

Match each mood to a pencil or marker.

This month

Best day _____

Hardest day _____

What helped _____

What I noticed _____

Next month I want to _____

MOOD TRACKER

Year in Pixels

Year _____

One square per day. Color it at night by how the day felt.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
8												
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27												
28												
29												
30												
31												

Mood key

- Excellent
- Very good
- Good
- Neutral
- Not so good
- Very bad
- Terrible

Match each mood to a pencil or marker.

I'm tracking _____

Highlights

Best month _____

Hardest month _____

Notes

Dashed square: February 29, leap years only.

WEEKLY

Mood Chart

Week of _____

Mark your mood in the morning, afternoon, and evening. Connect the dots to see the week.

	Mon			Tue			Wed			Thu			Fri			Sat			Sun		
	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve
Excellent	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Very good	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Good	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Neutral	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Not so good	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Very bad	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Terrible	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•

	Feelings (name 1 to 3)	What happened
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

This week I noticed _____

DAILY

Mood Journal

Date _____ Time _____

How was your day? Circle one.

Excellent · Very good · Good · Neutral · Not so good · Very bad · Terrible

How did you feel? Tick all that fit.

- [ ] Energized
- [ ] Excited
- [ ] Happy
- [ ] Hopeful
- [ ] Inspired
- [ ] Proud
- [ ] Loved
- [ ] Relieved
- [ ] Balanced
- [ ] Calm
- [ ] Content
- [ ] Grateful
- [ ] Motivated
- [ ] Surprised
- [ ] Confused
- [ ] Overwhelmed
- [ ] Bored
- [ ] Tired
- [ ] Stressed
- [ ] Worried
- [ ] Disappointed
- [ ] Hopeless
- [ ] Lonely
- [ ] Angry
- [ ] Annoyed
- [ ] Frustrated
- [ ] Nervous
- [ ] Sad
- [ ] Weak
- [ ] Guilty

Other feelings _____

What did you do?

- [ ] Family
- [ ] Reading
- [ ] Travel
- [ ] Friends
- [ ] Mindfulness
- [ ] _____
- [ ] Love
- [ ] Nature
- [ ] _____
- [ ] Sport
- [ ] Creativity
- [ ] Relax
- [ ] Work

Write about your day

One good thing _____

MOOD TRACKER

Mood Log

Month _____

Log a row whenever your mood shifts. Circle the mood, name the feeling, note what happened.

Date	Time	Mood	Feelings	What happened

Excellent · Very good · Good · Neutral · Not so good · Very bad · Terrible

FEELINGS CHART

List of Emotions

72 feelings with short descriptions, the same list as in the Pixy app. Find the word that fits, then write it in your tracker.

Very pleasant

Energized You feel strong and active

Enthusiastic You feel very interested in an idea or activity

Excited You feel intensely happy about something in the future

Focused You feel engaged in only one idea or activity

Happy You feel pleasure and satisfaction

Hopeful You feel optimistic that something good will happen

Inspired You feel strongly influenced by something that motivates you

Loved You feel deep and strong affection

Optimistic You feel hopeful and confident about the future

Productive You feel like you accomplished a task or achieved a goal

Proud You feel satisfied with your achievements or those of someone close to you

Relieved You feel happy after an uncomfortable feeling is gone

Satisfied You feel like your expectations, needs, or desires have been met

Pleasant

Accepted You feel someone believed or recognized what you did to be valid or correct.

Appreciated You feel someone is grateful for what you did or what you are

Balanced You feel stable with no emotion too strong or too weak

Brave You feel not afraid of something or someone

Calm You feel free from stress, excitement and worry

Comfortable You feel reduced physically and emotionally pain or discomfort

Compassionate You feel sympathy and concern for others

Connected You feel connected to someone or part of your community

Content You feel like you're peaceful happy.

Good You feel like everything is fine

Grateful You feel enjoyment of the good qualities of something or someone

Heard You feel heard and understood

Impassioned You feel filled with great emotion

Motivated You feel excited to do something

Supported You feel someone is there for you

Neutral

Bored You feel like you have a lack of interest in something or someone

Confused You feel unable to think clearly

Desire You feel like you want to have something or wishing for something to happen

Fragile You feel easily broken or damaged

Hyper You feel energetic and excited

Irritated You feel slight anger or annoyance

Meh You feel uninspired and blah

Overwhelmed You feel like something is too much to handle

Surprised You feel like you experienced something unexpected

Thankful You feel grateful towards someone or something

Tired You feel the effect of being awake for a long time

Vulnerable You feel like you have no protection

Unpleasant

Alienated You feel strange and isolated

Ashamed You feel of little worth because of who you are or what you've done

Awkward You feel uncomfortable but don't know exactly why

Depressed You feel extremely unhappy and depressed

Disappointed You feel sad or unhappy because someone or something has not matched your hopes or expectations

Exhausted You feel like you have no energy left

Fearful You feel in danger or like something bad could happen

Hopeless You feel that a situation is so bad that it is impossible to deal with

Impatient You feel like you find it difficult to keep calm

Insecure You feel unconfidently afraid

Lonely You feel sad because you're not connected to others

Pessimistic You feel like you expect something negative to happen

Stressed You feel mental or emotional tension

Uneasy You feel like something is wrong

Unmotivated You feel little interest in something

Worried You feel anxious about something

Very unpleasant

Angry You feel intense annoyance, displeasure, unhappiness, or dislike

Annoyed You feel slightly angry

Anxious You feel worried, nervous or uneasy because you don't know how something is going to turn out

Concerned You feel like you wonder about how someone or something is doing

Distracted You feel like you have a hard time concentrating on something

Embarrassed You feel insecure and uncomfortable with how others feel about you

Fomo You feel afraid of missing out on something

Frustrated You feel upset because you can't do something

Grieved You feel sad about something you lost

Guilty You feel responsible for a mistake you made

Nervous You feel instable and unsettled or insecure inside

Pressured You worry about living up to your own or other people's expectations

Rejected You feel unacceptable or unwanted

Restless You feel like can't relax because of anxiety or boredom

Sad You may feel empty, lost or lonely

Weak You feel like you have little strength