

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

_____ days

_____ days

_____ days

_____ days

_____ days

_____ days

_____ days

This month

Best day _____

Hardest day _____

What helped _____

What I noticed _____

Next month I want to _____

Match each mood to a pencil or marker.

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

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

I'm tracking _____

Best month _____

Hardest month _____

Free printable from **pixy.day**

WEEKLY

Mood Chart

Week of _____

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

 Excellent																					
 Very good																					
 Good																					
 Neutral																					
 Not so good																					
 Very bad																					
 Terrible																					
	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

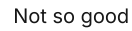
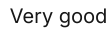
	Feelings (name 1 to 3)	What happened
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

This week I noticed _____

Mood Journal

Time _____

How was your day? Circle one.



How did you feel? Tick all that fit.

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

Other feelings _____

What did you do?

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

Write about your day

One good thing

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

Excellent
Very good
Good
Neutral
Not so good
Very bad
Terrible

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