



# Daily Mood Tracker

Check in with yourself and track your emotional wellbeing

LIGHTS OF PEACE

🎯 In this activity, you will **reflect on, record, and interpret** your daily moods and wellbeing using a structured and interactive mood tracker worksheet, supporting self-awareness and positive mental health habits.

## 🔍 Welcome to Mood Tracking

Mental health is an important part of your overall well-being. Tracking your mood can help you understand your feelings and identify patterns. This understanding allows you to develop coping strategies and improve your emotional health. By checking in with yourself daily, you can gain insights into what affects your mood and learn how to manage your emotions better.

### What is mood?

A **mood** is an emotional state that lasts for a period of time. It can be influenced by many factors, such as sleep, stress, and relationships. Tracking your mood can help you understand these influences.

## 📝 Create Your Daily Tracker

Use this worksheet to create your daily mood tracker. The tracker is designed to help you reflect on your mood and identify factors that may be influencing it.

### Instructions:

Fill in the daily mood tracker below to check in with yourself and track your emotional well-being.

#### 1. Daily Info

- Date: \_\_\_\_\_
- Day: \_\_\_\_\_
- Sleep quality (1–5): □ □ □ □ □

#### 2. Mood Rating

- How am I feeling right now? 😞 😟 😐 😊 😄 😌 (Circle one)

### 3. Emotion Check-In

- Calm
- Happy
- Anxious
- Stressed
- Sad
- Tired
- Overwhelmed
- Motivated
- Other: \_\_\_\_\_

### 4. Energy Level

- Low → High (1-10): 1 2 3 4 5 6 7 8 9 10

### 5. What Influenced My Mood?

- What may have affected how I feel today?
- Sleep
- Work/school
- Relationships
- Thoughts
- Health
- Environment
- Social media

### 6. Coping & Self-Care

- Deep breathing
- Exercise/movement
- Took a break
- Talked to someone
- Journaling
- Time outside
- Relaxation
- Other: \_\_\_\_\_

### 7. Highlight of the Day

- One positive moment today:

### 8. Reflection

- What did I learn about my mood today?
- What do I need right now?

## 9. Tomorrow's Intention

- One thing I will do for my wellbeing tomorrow:
- I will follow through

My feelings are valid, and they can change.



## Analyze Your Tracker

Now that you have created your mood tracker, you can start using it daily to monitor your mental wellbeing.

## ★ Building Connections

Let's connect ideas from your mood tracker and the activities you have completed to strengthen your understanding.

Complete the table below to reflect on the information you collected with your Daily Mood Tracker.

Key Concept	Your Understanding	Why is this important?
Mood Tracking	<i>Tracking your mood helps you understand patterns in your emotions.</i>	<i>It is important because it allows you to identify triggers and develop coping strategies.</i>
Emotion Check-In		
Influences on Mood		
Coping & Self-Care		
A little change		



## Try It Out

Use what you learned to answer the questions below.

**Scenario: You've been feeling stressed for the past few days due to schoolwork. How can you use your mood tracker to identify this and develop a coping strategy?**

**Scenario: You notice that your mood is consistently low on days when you don't get enough sleep. What changes can you make to address this?**

**Scenario: You've identified that social media often negatively impacts your mood. What steps can you take to reduce this influence?**



## Reflect on Tracking

Reflect on the work you have completed so far, analyzing how mood tracking can assist with managing your emotions and enhancing your self-awareness.

How can consistently tracking your mood help you develop strategies for managing difficult emotions?

What did you learn about the relationship between your daily activities and your mood?

How might you continue using a mood tracker in the future to support your mental health?