

## Mood tracker

Use this worksheet to see what's affecting your mood. Write the time down, write what you were doing, what you're about to do, say how you're feeling, and rate your mood.

After a few days you should start to see a pattern.

Try to track your mood 3 times a day. Set a timer in your house or on your phone – one mid-morning, one mid-afternoon and one in the evening, or whenever suits you.

Time	What have I been doing?	Feeling	Mood (1 is the worst, 5 is the best)	What am I about to do?