

Mood, in context

Mood on its own is hard to read. Alongside sleep, pain, energy and events, it usually makes sense. One number per day, no essays.

MONTH

YEAR

NAME

MOOD	1 Very low Hard to function	2 Low Heavy, flat	3 Okay Getting through	4 Good Steady, present
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EACH DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Mood 1–4 (5 = great)																															
Anxiety 0–3																															
Energy 0–3																															
Pain 0–3																															
Sleep hours																															
Sleep quality 0 good – 3 poor																															
Stress 0–3																															
Time outside / movement (✓)																															
Contact with people (✓)																															
Medication change (+ / –)																															
Event or note (letter → below)																															

EVENTS KEY

A, B, C... note the letter in the grid, describe it here.

MONTHLY REVIEW

Best stretch · hardest stretch · what was different · one thing to protect next month.

FOR YOUR GP, THERAPIST OR PSYCHIATRIST

Days at mood 1 this month · what usually preceded them · what pulled you back up · anything you want to change about treatment.
