MOOD TRACKER · ONE MONTH

Mood, in context

Juno

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

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.