



MOOD TRACKER

How to Use This Mood Tracker

At the end of each day, record your mood on a scale from 1–10 (1 = very low, 10 = excellent). You can also add a few notes about events, thoughts, or activities that may have influenced how you felt. Over time, this tracker helps you notice patterns, identify triggers, and celebrate what supports your well-being.

Situation:

Automatic Thought:

Emotion(s) and Intensity:

Evidence for:

Evidence Against:

Balanced Thought:

Was This Helpful for This Situation?:
