

Mood Tracker Bullet Journal

Name: _____ Month: _____ Date/s: _____

Mood scale

Use a scale from 1 to 5 (or any scale you prefer) to rate your mood for the day.

1 - Terrible

2 - Bad

3 - Okay

4 - Okay

5 - Excellent

Emotions

List the primary emotions you felt during the day (e.g., happy, sad, anxious, angry, excited, calm, etc.).

Activities

Record any significant activities or events that may have influenced your mood.

Notes

Write down any additional thoughts or notes about your day, including factors that may have affected your mood.

Gratitude

Identify at least one thing you're grateful for.

Self-care

Describe any self-care activities you engaged in today (e.g., meditation, exercise, journaling, etc.).

Goals				
List any goals or intentions you have for tomorrow or the near future.				
Overall reflection				
Rate your overall day on a scale from 1 to 5 (1 being a very bad day, 5 being an excellent day).				
1	2	3	4	5
Monthly summary				
Average mood: Calculate the average mood rating for the month.				
Emotional patterns: Note any recurring emotions or trends you observed throughout the month.				
Self-care trends: Identify self-care activities that seemed to positively impact your mood				
Achievements: Highlight any goals you accomplished during the month.				
Challenges: Note any challenges or obstacles you faced during the month.				
Additional notes				