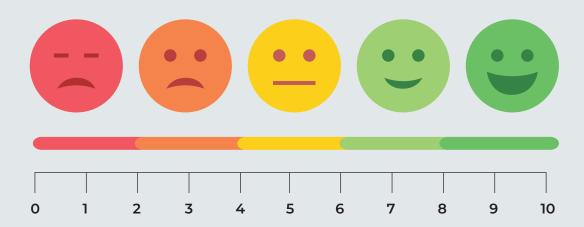


My Mood Tracker

Check in with yourself a few times a week and note how you're feeling. Tracking and understanding your feelings can help you take action or talk to someone when needed. Always ask your healthcare team if you feel you need additional resources or support for your mental or emotional health.

For the	e week of	

Mood Scale:



Date	Time of Day am/pm	Mood Scale #	How I feel emotionally (describe in 1-3 words)	How I feel physically (describe in 1-3 words)