



Activity & Mood Tracker



Tracking can help you notice links between what you do and how you feel. The aim is not to monitor yourself perfectly, but to become curious about patterns in mood, energy, connection and activity.

WHY TRACK ACTIVITY AND MOOD?

When mood is low it can be difficult to remember what helped, what drained you or how much you actually did. A simple record can make patterns easier to see.

WHAT SHOULD I NOTICE?

You might track mood and energy alongside activities, social contact, accomplishment, enjoyment, sleep or anything else that seems relevant to you.

KEEP IT SIMPLE

Brief notes are enough. You do not need to record every moment of the day. Choose a level of detail that feels useful rather than burdensome.

LOOK FOR PATTERNS, NOT PERFECT SCORES

The value is in noticing trends. Some activities may not improve mood immediately but may still support connection, structure, accomplishment or wellbeing.

A tracker is information, not a test.

Missing a day or having a difficult day does not mean you have failed. Use the information to understand what may support you.



My Daily Activity & Mood



Use one row for a block of time or an activity. Add only as much detail as is useful to you.

TIME	WHAT I DID	MOOD 0-10	ENERGY 0-10	WHAT I NOTICED

At the end of the day

One thing I noticed: _____

One thing I might repeat, change or explore: _____



What Am I Noticing?



After a few days of tracking, look back with curiosity. You are looking for useful patterns rather than trying to prove that an activity was good or bad.

ACTIVITIES THAT SEEMED TO SUPPORT MY MOOD OR ENERGY

What was happening? Consider connection, movement, routine, enjoyment, accomplishment or time outside.

ACTIVITIES OR SITUATIONS THAT SEEMED TO DRAIN ME

What did you notice? Were there particular times, demands or patterns?

WHEN I FELT MOST CONNECTED OR ENGAGED

What were you doing, where were you and who were you with?

WHAT SURPRISED ME

Did anything feel easier, harder or more helpful than you expected?

ONE PATTERN I WANT TO EXPERIMENT WITH NEXT

What is one small thing you might increase, reduce, repeat or change?

Using this with your psychologist

Your tracker can help you identify patterns and plan realistic activities that fit your needs, values and current energy.