



# Weekly mood tracker

A little space to notice how your week feels.

Week beginning: \_\_\_\_\_

A few words each day are enough.

Notice your mood, last night's sleep and today's energy.

This is for your own insight. There are no scores or right answers.

| Day | Mood<br>How did I feel? | Sleep<br>Hours + how it felt | Energy<br>What did I notice? | A little context<br>What shaped my day? |
|-----|-------------------------|------------------------------|------------------------------|-----------------------------------------|
| Mon | _____                   | _____                        | _____                        | _____                                   |
| Tue | _____                   | _____                        | _____                        | _____                                   |
| Wed | _____                   | _____                        | _____                        | _____                                   |
| Thu | _____                   | _____                        | _____                        | _____                                   |
| Fri | _____                   | _____                        | _____                        | _____                                   |
| Sat | _____                   | _____                        | _____                        | _____                                   |
| Sun | _____                   | _____                        | _____                        | _____                                   |

## Looking back, with curiosity

What do I notice about my mood, sleep and energy?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What might support me next week?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You do not need to change anything to learn something about yourself.