



Supporting
Adolescent Minds



My Mood Tracker

Pay attention to patterns. Celebrate good days. Learn what helps.

WEEK OF: _____ 

HOW ARE YOU FEELING
TODAY?

Circle one.



AMAZING



GOOD



OKAY



STRESSED



SAD



ANXIOUS



ANGRY

DAILY CHECK-IN

DAY	MOOD (circle one)	SLEEP (hours)	STRESS (1=low 5=high)	WATER (cups)	ENERGY (1=low 5=high)
Mon		___ hrs	1 2 3 4 5		1 2 3 4 5
Tue		___ hrs	1 2 3 4 5		1 2 3 4 5
Wed		___ hrs	1 2 3 4 5		1 2 3 4 5
Thu		___ hrs	1 2 3 4 5		1 2 3 4 5
Fri		___ hrs	1 2 3 4 5		1 2 3 4 5
Sat		___ hrs	1 2 3 4 5		1 2 3 4 5
Sun		___ hrs	1 2 3 4 5		1 2 3 4 5

WHAT HAPPENED TODAY?



Something that made me smile:



Something that was difficult:

HOW DID I COPE?



☐ Took deep breaths



☐ Listened to music



☐ Talked to someone



☐ Journalled



☐ Went outside



☐ Took a break



☐ Exercised



☐ Other: _____

THINGS I'M GRATEFUL FOR



LOOKING BACK

Today I felt...

- ☐ Proud of myself
- ☐ Calm
- ☐ Connected
- ☐ Hopeful
- ☐ Loved
- ☐ Safe
- ☐ I need extra support tomorrow

One word
to describe
today:



REMEMBER



Every emotion is okay.



Good days and hard days
are both part of growing.



Look for patterns—
not just one day.



If your feelings are too big
or last a long time, talk with
a trusted adult or a doctor.



You are not alone. There is help.
Support starts with talking. 

SupportingAdolescentMinds.org

Helping families build healthy habits
one day at a time. 

Supporting Adolescent Minds

My Mood Tracker

Track how you feel each day.

Week of: _____

How are you feeling?

Circle one color each day.



Great!



Good



Okay



Stressed



Sad



Anxious



Angry

Daily Check-In

Day	Mood	Energy (How much energy?)	Sleep (How many hours?)	Stress (1 = low 5 = high)
Mon	☐		____ hours	① ② ③ ④ ⑤
Tue	☐		____ hours	① ② ③ ④ ⑤
Wed	☐		____ hours	① ② ③ ④ ⑤
Thu	☐		____ hours	① ② ③ ④ ⑤
Fri	☐		____ hours	① ② ③ ④ ⑤
Sat	☐		____ hours	① ② ③ ④ ⑤
Sun	☐		____ hours	① ② ③ ④ ⑤

What happened today?

Write 1-2 things.



Good: _____



Hard: _____

How did I cope?



Check what you did.

- ☐ Took deep breaths
- ☐ Listened to music
- ☐ Talked to someone
- ☐ Went outside
- ☐ Exercised / Moved my body
- ☐ Took a break
- ☐ Other: _____

Things I'm Thankful For



Write 1-3 things.

1. _____
2. _____
3. _____

Today I Felt...

Check all that fit.

- ☐ Happy
- ☐ Calm
- ☐ Hopeful
- ☐ Loved
- ☐ Safe
- ☐ Connected
- ☐ Proud of myself



Remember



All feelings are normal.



Good days and hard days both happen.



Pay attention to patterns —not just one day.



It's OK to ask for help.



You are doing your best!

Small steps make a big difference.

