

30 Day Mood Tracker

Use this mood tracker daily to observe emotional patterns, gain clarity about your daily experiences, and build greater awareness of what supports your well-being over time.

Day 1

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 2

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 3

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 4

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 5

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 6

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 7

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 8

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 9

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 10

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 11

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 12

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 13

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 14

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 15

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 16

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 17

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 18

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 19

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 20

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 21

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 22

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 23

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 24

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 25

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 26

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 27

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 28

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 29

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	

Day 30

Mood (1–10):	
Primary emotions felt:	
What happened today?	
Triggers or stressors:	
What helped you feel better?	
Gratitude (3 things):	