SELF-MONITORING WORKSHEET

Weekly mood tracker

Two minutes a day. Over a week, small notes add up to a clear picture of what lifts you and what drains you.

My week

WEEK STARTING

DAY	MOOD (1 = VERY LOW, 10 = GREAT)	SLEEP HRS	ENERGY	WHAT HELPED	WHAT WAS HARD
Mon	1 2 3 4 5 6 7 8 9 10		Low Okay Good		
Tue	1 2 3 4 5 6 7 8 9 10		Low Okay Good		
Wed	1 2 3 4 5 6 7 8 9 10		Low Okay Good		
Thu	1 2 3 4 5 6 7 8 9 10		Low Okay Good		
Fri	1 2 3 4 5 6 7 8 9 10		Low Okay Good		
Sat	1 2 3 4 5 6 7 8 9 10		Low Okay Good		
Sun	1 2 3 4 5 6 7 8 9 10		Low Okay Good		

HOW TO FILL IT

Fill it at the same time each evening. Circle one mood number, write your hours of sleep, tick your energy, and add a few words for what helped and what was hard. Be honest, not perfect.

IDEAS FOR "WHAT HELPED"

A walk, a call with a friend, sunlight, a good meal, finishing a task, music, prayer or quiet time, saying no to something.

Looking back at my week

MY BEST DAY WAS… WHAT WAS DIFFERENT ABOUT IT?

MY HARDEST DAY WAS… WHAT WAS GOING ON?

PATTERNS I NOTICE (SLEEP, PEOPLE, PLACES, TIME OF DAY)

ONE SMALL THING I WILL TRY NEXT WEEK

When to reach out: if your mood stays at 3 or below for most of the week, or two weeks in a row, it's a good time to talk to someone. Bring this sheet to your session.

Research behind this tool

1. Kauer, S. D., Reid, S. C., Crooke, A. H. D., Khor, A., Hearps, S. J. C., Jorm, A. F., Sanci, L., & Patton, G. (2012). Self-monitoring using mobile phones in the early stages of adolescent depression: Randomized controlled trial. *Journal of Medical Internet Research, 14*(3), e67.
2. Martell, C. R., Dimidjian, S., & Herman-Dunn, R. (2010). *Behavioral activation for depression: A clinician's guide.* Guilford Press.
3. Greenberger, D., & Padesky, C. A. (2016). *Mind over mood* (2nd ed.). Guilford Press.