HABIT AND MOOD TRACKER

Trackers help reveal patterns in moods and behaviors that allow you to notice triggers, develop healthy habits, and improve your general wellbeing. It can also help you collect valuable information to share with loved ones or professionals who are supporting you.

Find more resources at activeminds.org

CONNECTED WITH ANOTHER PERSON (a text, phone call, on social media, in person)

- Nourished my body with enough food
- Got moving (stretched, walked, played a sport, etc.)
- Celebrated my day's achievements
- Got a good night's sleep
- Took a shower

MOOD

CREATE YOUR OWN COLOR KEY TO TRACK YOUR HABITS AND MOOD, AND FILL THEM IN HERE.

GREAT  GOOD  OKAY  HAPPY  ANGRY  NEUTRAL  ANXIOUS  SAD

MONTH AND YEAR