



Weekly Activity Log with Mood Monitoring

Using this log can help you identify specific activities that contribute to a positive or negative mood state, as well as patterns related to activity level in general. Resting and replenishing are good things, but too much inactivity can contribute to lower moods and energy. Likewise, too many highly stressful or boring activities can also lower one's sense of emotional wellbeing.

- 1.) Enter activity in proper box. You don't have to record everything you do, but try to keep track of noteworthy activities (or lack thereof).
- 2.) Rate mood on scale from 0-10 (0 = absolute worst you have ever felt and 10 = absolute best) and note this number in each box.
- 3.) At the end of each day, record a daily mood score (scale 0-10) under "Daily Mood Score."

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Example: 6-8am	Shower Made breakfast Called office Mood=5	Slept until 8am, upon wakening mood=4					
6-8am							
8-10am							
10am-12pm							
12-2pm							
2-4pm							
4-6pm							
6-8pm							
8pm-Midnight							
Daily Mood Score							