ANXIETY AND DEPRESSION HELP

2-Week Mood Tracker

Track your mood daily to notice patterns, triggers, and what helps. Rate mood from 1 (very low) to 10 (very good). This worksheet is for educational self-help — not a diagnostic tool.

Name / Date started: _____

Date	Mood 1–10	Sleep (hrs)	Main activities	Possible triggers	What helped today?

Weekly Reflection (end of week 1)

What patterns did I notice in my mood?

What seemed to improve my mood most?

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Mood Tracker — Week 2 & Review

Date	Mood 1–10	Sleep (hrs)	Main activities	Possible triggers	What helped today?

2-Week Review

My average mood this fortnight felt like:

Three things that consistently helped:

1. _____
2. _____
3. _____

One small goal for next week:

Disclaimer: Educational self-help only. Not medical advice. If you are struggling or in crisis, contact a qualified professional or crisis helpline (e.g. call/text 988 in the US). Visit anxietyanddepressionhelp.com/mental-health-resources

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