Weekly Mood and Activity Tracker

Note what you did in each part of the day and rate your mood from 0 (very low) to 10 (very good).

Name: _____ Week of: _____

Day	Morning: what I did	Afternoon: what I did	Evening: what I did	Mood 0-10	One thing I enjoyed (E) or achieved (A)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Next week I will add (small and specific: what, when, where):

Something I enjoy: _____ Something that gives me a sense of achievement: _____ Time with someone I care about: _____

Look back: which activities came with a better mood? Do a little more of those. Start small; low mood often improves after action, not before it.

Based on behavioural activation, a well-studied psychological treatment for depression (Ekers et al., 2014). Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.