



**DIVERSE
HEALTH**
EQUITY IN HEALTH | EXCELLENCE IN CARE

Diverse Health Weekly Mood Tracker

Week of: _____

Mood Key:

 - Happy

 - Calm

 - Neutral

 - Sad

 - Angry

 - Anxious

 - Tired

 - Confused

 - Grateful

Daily Mood Rating:

(Check or color the emoji that best describes your mood each day, and add notes about any events or triggers)

Day

Mood (Select Emoji)

Notes (Triggers/Events)

Monday





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Tuesday 😄 😊 😐 😞 😡 🤔 🤧 🤨 🤩 _____

Wednesday 😄 😊 😐 😞 😡 🤔 🤧 🤨 🤩 _____

Thursday 😄 😊 😐 😞 😡 🤔 🤧 🤨 🤩 _____

Friday 😄 😊 😐 😞 😡 🤔 🤧 🤨 🤩 _____

Saturday 😄 😊 😐 😞 😡 🤔 🤧 🤨 🤩 _____

Sunday 😄 😊 😐 😞 😡 🤔 🤧 🤨 🤩 _____

Mood Reflection:

1. Overall mood for the week (Which emoji did you select most often?):
2. Did anything or anyone particularly improve or worsen your mood this week?
3. What activities or self-care made you feel better?
4. What is your goal for next week (What mood do you want to feel more often)?