

# Daily Mood & Stress Tracker

Use this tracker to reflect on your emotional patterns throughout the week. Record your mood, stress level, and any notes that help you understand your day.

| Day       | Mood (1-5) | Stress (1-5) | What helped? | Notes |
|-----------|------------|--------------|--------------|-------|
| Monday    |            |              |              |       |
| Tuesday   |            |              |              |       |
| Wednesday |            |              |              |       |
| Thursday  |            |              |              |       |
| Friday    |            |              |              |       |
| Saturday  |            |              |              |       |
| Sunday    |            |              |              |       |

## Weekly Reflection

What patterns did I notice this week?

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What increased my stress?

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What improved my mood or grounded me?

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What will I focus on next week?

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