

Printable Mood Chart: Monthly, Weekly, Year in Pixels

EmoAtlas · emoatlas.com

Fill in one row a day, ideally at the same time. Circle a number for mood and energy (1 = rough, 5 = great), write hours of sleep, and add two or three words about what happened: people, food, exercise, caffeine, alcohol, work.

Month: _____

Mood chart: circle a number (1 = rough, 5 = great)

DAY	MOOD	ENERGY	SLEEP, H	WHAT HAPPENED (TAGS, NOTE)
1	1 2 3 4 5	1 2 3 4 5		
2	1 2 3 4 5	1 2 3 4 5		
3	1 2 3 4 5	1 2 3 4 5		
4	1 2 3 4 5	1 2 3 4 5		
5	1 2 3 4 5	1 2 3 4 5		
6	1 2 3 4 5	1 2 3 4 5		
7	1 2 3 4 5	1 2 3 4 5		
8	1 2 3 4 5	1 2 3 4 5		
9	1 2 3 4 5	1 2 3 4 5		
10	1 2 3 4 5	1 2 3 4 5		
11	1 2 3 4 5	1 2 3 4 5		
12	1 2 3 4 5	1 2 3 4 5		
13	1 2 3 4 5	1 2 3 4 5		
14	1 2 3 4 5	1 2 3 4 5		
15	1 2 3 4 5	1 2 3 4 5		
16	1 2 3 4 5	1 2 3 4 5		
17	1 2 3 4 5	1 2 3 4 5		
18	1 2 3 4 5	1 2 3 4 5		
19	1 2 3 4 5	1 2 3 4 5		
20	1 2 3 4 5	1 2 3 4 5		
21	1 2 3 4 5	1 2 3 4 5		
22	1 2 3 4 5	1 2 3 4 5		
23	1 2 3 4 5	1 2 3 4 5		
24	1 2 3 4 5	1 2 3 4 5		
25	1 2 3 4 5	1 2 3 4 5		
26	1 2 3 4 5	1 2 3 4 5		
27	1 2 3 4 5	1 2 3 4 5		
28	1 2 3 4 5	1 2 3 4 5		
29	1 2 3 4 5	1 2 3 4 5		
30	1 2 3 4 5	1 2 3 4 5		
31	1 2 3 4 5	1 2 3 4 5		

Weekly mood chart. Week of: _____

Mood chart: circle a number (1 = rough, 5 = great)

DAY	MOOD	ENERGY	SLEEP, H	WHAT HAPPENED (TAGS, NOTE)
1	1 2 3 4 5	1 2 3 4 5		
2	1 2 3 4 5	1 2 3 4 5		
3	1 2 3 4 5	1 2 3 4 5		
4	1 2 3 4 5	1 2 3 4 5		
5	1 2 3 4 5	1 2 3 4 5		
6	1 2 3 4 5	1 2 3 4 5		
7	1 2 3 4 5	1 2 3 4 5		

Year: _____

Year in pixels: color in each day or write a number. 1 = rough · 2 = meh · 3 = okay · 4 = good · 5 = great

DAY	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
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How to use it: “Mood Chart: Free Printable and How to Spot Patterns” at emoatlas.com/blog/mood-chart. For self-reflection only; not a substitute for professional advice.