# Mood Tracker

**Purpose:** This document is designed to help individuals monitor and reflect on their daily moods and mental well-being. By tracking moods, triggers, and habits over time, users can identify trends, triggers, and improvements in their emotional health.

## Participant Information

* **Name:** {name}
* **Date Range:** {dateRange}

## Daily Mood Log

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Mood** | **Intensity (1-10)** | **Notes** |
| {#dailyEntries}{date} | {mood} | {intensity} | {notes}{/dailyEntries} |

## Weekly Summary

**Week of:** {weekStart} to {weekEnd}

{#weeklySummary}

* **Average Mood:** {averageMood}
* **Most Frequent Mood:** {frequentMood}
* **Triggers Identified:**
* {#triggers}
	+ {trigger}
* {/triggers}
	+ {action}
* {/actions}{/weeklySummary}
	1. {goal}
* {/goals}