G-HEALTH ENTERPRISES

Manage My Mood

Place a checkmark (x) in the box that indicates how you felt at that time of day. If there is not a category for your mood, write in your mood under “other”. Write notes to explain why you felt that way or what was going at that time under “Notes”.

Date:

Time	Happy	Sad	Mad	Tired	Excited	Anxious	Other	Notes
6AM-9AM								
9AM-12PM								
12PM-3PM								
3PM-6PM								
6PM-9PM								
9PM-12AM								
12AM-3AM								
3AM-6AM								