

30-DAY Mood Tracker

MONTH: _____ YEAR: _____

Day 1	Notes: _____	Day 16	Notes: _____
     		     	
Day 2	_____	Day 17	_____
     		     	
Day 3	_____	Day 18	_____
     		     	
Day 4	_____	Day 19	_____
     		     	
Day 5	_____	Day 20	_____
     		     	
Day 6	_____	Day 21	_____
     		     	
Day 7	_____	Day 22	_____
     		     	
Day 8	_____	Day 23	_____
     		     	
Day 9	_____	Day 24	_____
     		     	
Day 10	_____	Day 25	_____
     		     	
Day 11	_____	Day 26	_____
     		     	
Day 12	_____	Day 27	_____
     		     	
Day 13	_____	Day 28	_____
     		     	
Day 14	_____	Day 29	_____
     		     	
Day 15	_____	Day 30	_____
     		     	



30-DAY *Mood Tracker*

Grief brings many emotions—some heavy, some lighter, often shifting from one moment to the next. This mood tracker is a gentle space to notice how you’re feeling each day, without judgment or pressure. By recording your moods and making notes about what may have shaped them, you give yourself a chance to honor your experience and notice small steps of healing. This isn’t about “fixing” grief—it’s about creating awareness, compassion, and space for growth as you move through it.

Tracking Your Mood When Traveling

When you’re grieving, travel can stir a wide range of feelings—comfort, joy, restlessness, even sorrow. Tracking your mood along the way helps you recognize how different places and experiences affect you. It may highlight the moments that bring peace or connection, as well as the ones that feel more difficult. Over time, these reflections can remind you that healing is not a straight path, but a journey of carrying grief with greater lightness.

How to Use Your Mood Tracker

1. Check in daily – At the end of each day (or whenever feels right), circle or color the emoji face that best matches your mood (See next page for descriptions of each mood):
 Great  Good  Okay  Not Good  Uneasy  Awful
2. Add a note (optional) – Use the notes section beside the day to jot down anything significant that may have influenced your mood. For example: *“Called an old friend,” “Had trouble sleeping,” “Went for a walk,” or “Anniversary of loss.”*
3. Stay consistent – Even on days when your mood feels “just okay,” marking it helps you see the bigger picture over time.
4. Reflect at the end of the month – Look back over your tracker to notice patterns. What days were brighter? What moments felt heavier? Are there triggers or activities that consistently affect how you feel?

Why It Helps When Grieving

- Creates awareness: Grief can make emotions feel unpredictable. Tracking your mood gives you gentle awareness of how you’re really doing.
- Reveals patterns: By noting life events alongside moods, you can see what tends to lift you up or weigh you down.
- Encourages expression: Writing short notes helps you name your feelings instead of holding them inside.
- Shows progress: Healing is rarely linear. Looking back, you may notice more “Good” or “Okay” days than before—a quiet reminder that growth is happening.

EMOJI LEGEND

Great



- **Emotions:** Joy, excitement, peace, contentment, fulfillment.
- **How it feels:** Energized, optimistic, grateful, and fully present. You feel aligned and ready to take on anything.

Good



- **Emotions:** Pleasant, steady, motivated, calm.
- **How it feels:** Things are going well overall. You feel balanced, productive, and satisfied with your day.

Okay



- **Emotions:** Neutral, indifferent, mildly content, low-key.
- **How it feels:** Nothing stands out as particularly good or bad. You're just moving through the day without strong emotional swings.

Not Good



- **Emotions:** Sad, frustrated, disappointed, drained.
- **How it feels:** You're struggling, feeling off balance, or weighed down. Daily tasks may feel harder than usual.

Uneasy (the “anxious” level)



- **Emotions:** Nervous, restless, worried, unsettled.
- **How it feels:** Your mind is busy, you might feel tense in your body, or you're anticipating something uncertain. Not terrible, but not calm.

Awful



- **Emotions:** Deep sadness, despair, anger, hopelessness, exhaustion.
- **How it feels:** Overwhelmed or in significant distress. It may feel difficult to cope or see beyond the moment.