



JudithWesterfield.com

Mood Tracker and Chart

Our ability to think changes throughout the day consequently we function better, smarter and even more creative at various times. Generally, we have a peak, a slowdown and a rebound during the day.

Research suggests these effects can be as large as 20%.



Read more on the CATNIPblog post <https://wp.me/p18HbQ-2ri>

What's the best time to exercise?
What's the best time to think?



Scroll to the bottom for instructions on using the mood tracker.

Mood Chart*

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 pm
40																			
35																			
30																			
25																			
20																			
15																			
10																			
5																			
0																			
-5																			
-10																			
-15																			
-20																			
-25																			
-30																			
-35																			
-40																			

*Adapted from Biopsychology of Mood and Arousal by Robert E Thayer

TO TRACK YOUR MOOD

Every hour, for 5 to 7 days rate each feeling:

- 0 = not feeling at all**
- 1 = unsure/possibly**
- 2 = mildly**
- 3 = moderately**
- 4 = strongly**

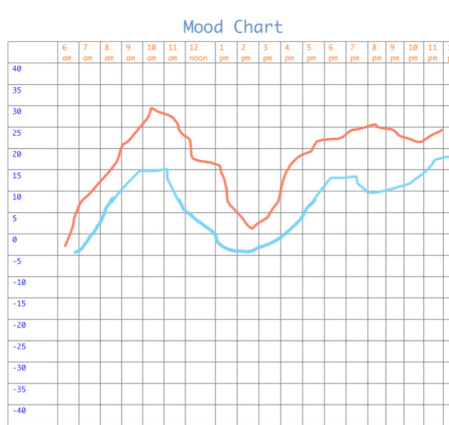
SAMPLE MOOD TRACKER

ACTIVE PLACID SLEEPY JITTERY ENERGETIC CALM

Mood Tracker*

Quality of mood	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 pm	
Active	2	3	4		3	1	1	2												
Placid	0	0	0		0	0	2	2												
Sleepy	0	0	0		0	0	0	0												
Jittery	0	0	0		0	0	0	0												
Energetic	2	3	3		2	2	1	0												
Intense	0	0	1		1	0	0	0												
Calm	1	1	1		1	1	2	2												
Tired	0	0	0		0	0	1	2												
Vigorous	1	2	2		1	0	0	0												
At rest	0	0	0		0	0	1	2												
Drowsy	0	0	0		0	0	0	0												
Fearful	0	0	0		0	0	0	0												
Lively	1	2	2		1	0	0	0												
Still	0	0	0		1	1	0	1												
Wide awake	1	2	4		2	2	1	1												
Clutched up	0	0	0		0	0	0	0												
Quiet	0	0	0		0	0	0	1												
Full of pep	1	2	3		2	1	0	0												
Tense	0	0	0		0	0	0	0												
Wakeful	2	3			2	2	1	1												

SAMPLE MOOD CHART



TO SCORE

For the best result, average scores over 5 to 7 days

ENERGY SCORE: Add scores for active, energetic, vigorous, lively, full of pep and wide awake,
 Next add reverse scores for sleepy, tired, drowsy, wakeful

REVERSE SCORING:

- 1 becomes 4**
- 2 becomes 3**
- 3 becomes 2**
- 4 becomes 1**

TENSION SCORE: Add jittery, intense, fearful, clutched up, tense,
 Next add reverse score for: placid, calm, at-rest, still, quiet

TO CHART

Chart final scores on the graph: One for energy and one for tension.

The chart will show you the times when your mood goes up or down.