

Weekly Mood & Progress Tracker

Track your patterns · Celebrate your progress



Name: _____ Week of: _____

Tracking your mood and habits helps you see patterns you might miss day-to-day. There are no wrong answers — just honest ones. Use this to share with your counsellor or just for your own awareness.

Daily Mood & Habits

Rate mood 1–10. Mark habits with ✓ or ✗. Note anything significant.

DAY	MOOD (1–10)	SLEEP (HRS)	EXERCISE	CRAVINGS	NOTES / WHAT HAPPENED
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Patterns

My highest mood day was:

What made it a good day?

My lowest mood day was:

What contributed to that?

Self-Care Check-In

How did I do this week? Be honest and kind with yourself.

AREA	RATING (1-5)	NOTES
Physical health (sleep, nutrition, exercise)		
Emotional wellbeing (mood, stress, feelings)		
Social connection (support, relationships)		
Spiritual health (faith, purpose, meaning)		
Recovery commitment (meetings, tools, practice)		

Weekly Wins

No win is too small. Did you get through a tough moment? Show up for yourself? Ask for help?

1

2

3

Looking Ahead

Next week, I want to focus on:

One thing I'll do differently:



"Progress, not perfection. Every day you show up for yourself is a victory."