HEALTH RECORD ORGANIZER

MENTAL HEALTH

TRACK • MANAGE • MAINTAIN

This planner belongs to:

_____

Daily Mood Log

DATE	MOOD RATING (1-10)	ENERGY LEVEL (1-10)	ANXIETY LEVEL (1-10)	IRRITBILITY	SLEEP HOURS

NOTES:

Mood Disorder Tracker

✓	DIAGNOSIS (IF APPLICABLE):
☐	DEPRESSION
☐	BIPOLAR DISORDER
☐	SEASONAL AFFECTIVE DISORDER
☐	MOOD INSTABILITY
☐	
☐	

PROVIDER / THERAPIST:
CURRENT MEDICATIONS:

✓	TRIGGERS
☐	STRESS
☐	SLEEP CHANGES
☐	WEATHER / SEASONAL CHANGE
☐	RELATIONSHIP CONFLICT
☐	WORK / SCHOOL STRESS
☐	MEDICATION CHANGE
☐	

✓	SYMPTOM CHECK
☐	LOW MOOD
☐	LOSS OF INTEREST
☐	FATIGUE
☐	RACING THOUGHTS
☐	IMPULSIVITY
☐	IRRITABILITY
☐	ANXIETY
☐	MOOD SWINGS
☐	SLEEP CHANGES
☐	APPETITE CHANGES

Mood Disorder Tracker

✓	COPING STRATEGIES USED
☐	EXERCISE
☐	JOURNALING
☐	THERAPY SKILLS
☐	MEDITATION / BREATHING
☐	SOCIAL SUPPORT
☐	MEDICATION
☐	REST
☐	
☐	

REFLECTION
WHAT HELPED IMPROVE MY MOOD TODAY?
WHAT MADE SYMPTOMS WORSE?
THINGS I WANT TO DISCUSS WITH MY THERAPIST OR DOCTOR:

Depression Symptom Tracker

DATE	SYMPTOMS	SEVERITY	SLEEP	APPETITE

NOTES:

Anxiety Episode Tracker

DATE	SITUATION./ TRIGGER	ANXIETY LEVEL (1-10)	THOUGHTS	COPING STRATEGY	OUTCOME

NOTES

Anxiety Symptom Tracker

DATE	PHYSICAL SYMPTOMS	EMEOTIONAL SYMPTOMS	SEVERITY	DURATION

EXAMPLES OF PHYSICAL = RACING HEART - SWEATING - SHAKING - NAUSEA
EXAMPLES OF EMOTIONAL = FEAR - DREAD - IRRITABILITY - OVERWHELM

NOTES:

Panic Attack Tracker

DATE	TRIGGER	SYMPTOMS	DURATION	COPING STRATEGY

NOTES

Thank You

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