

Daily Mood & Wellness Tracker

Dr. Arnold Shapiro MD — Psychiatric Practice

Patient Information (Optional)

Name: _____

Start Date: _____

Prescribing Doctor: _____

Phone: _____

How to Use This Tracker

1. Rate each category on a scale of 1–10 at the end of each day (1 = worst, 10 = best).
2. Record actual hours slept (e.g., 6.5) and note if medications were taken (Y/N).
3. Use the “Notable Events / Triggers” column to capture anything that affected your mood — stress at work, good news, conflict, exercise, social activities, etc.
4. Be honest. There are no right or wrong answers. This is a tool to help you and your doctor understand patterns in your well-being.
5. Review your entries weekly to spot trends before your next appointment.

Rating Scale: 1–3 = Poor / Low | 4–5 = Below Average | 6–7 = Average / OK | 8–9 = Good | 10 = Excellent

Week 1

Date Range: ____ / ____ / ____ to ____ / ____ / ____

Day	Date	Overall Mood (1-10)	Anxiety Level (1-10)	Sleep Quality (1-10)	Hours Slept	Energy Level (1-10)	Notable Events / Triggers	Meds Taken (Y/N)
Mon	____ / ____							
Tue	____ / ____							
Wed	____ / ____							
Thu	____ / ____							
Fri	____ / ____							
Sat	____ / ____							
Sun	____ / ____							

If you are in crisis or having thoughts of self-harm, please call 988 (Suicide & Crisis Lifeline) or go to your nearest emergency room.

You can also text HOME to 741741 (Crisis Text Line) or call Dr. Shapiro's office at (859) 341-7453 during business hours.

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Week 2

Date Range: ____ / ____ / ____ to ____ / ____ / ____

Day	Date	Overall Mood (1-10)	Anxiety Level (1-10)	Sleep Quality (1-10)	Hours Slept	Energy Level (1-10)	Notable Events / Triggers	Meds Taken (Y/N)
Mon	____ / ____							
Tue	____ / ____							
Wed	____ / ____							
Thu	____ / ____							
Fri	____ / ____							
Sat	____ / ____							
Sun	____ / ____							

Two-Week Summary & Reflection

What patterns did you notice? (e.g., mood dips on certain days, sleep affecting energy, triggers)

What helped improve your mood this period?

What would you like to discuss with Dr. Shapiro at your next appointment?

Tips for Getting the Most from Your Tracker

Bring This to Your Next Appointment

Sharing your completed tracker with Dr. Shapiro helps identify patterns and adjust treatment more effectively. Even two weeks of data is valuable.

Track at the Same Time Each Day

Filling this out at bedtime helps you reflect on the whole day. Set a reminder on your phone if needed.

Be Specific in Your Notes

Instead of "bad day," try "argument with coworker" or "skipped lunch, felt shaky." Specific details reveal triggers.

Look for Patterns

After 2 weeks, review your entries. Do certain days consistently score lower? Does sleep quality predict next-day mood? These patterns guide treatment decisions.

Medication Notes Matter

If you missed a dose or changed timing, note it. This helps your doctor understand how medication adherence relates to your mood and energy levels.

Celebrate Progress

Notice when scores improve, even slightly. Recovery is not always linear, but tracking helps you see positive trends you might otherwise miss.