



Depression Mood Tracker – Behavioral Activation

Mood Scale: 1 = Very Low | 5 = Neutral | 10 = Very Positive

Day	Mood (1–10)	Energy (L/M/H)	Planned Small Action	Done? (Y/N)	Type (P/M/C)	Notes / Barriers
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Weekly Reflection

Did my mood shift on days I completed actions? _____

Which activity type helped most (Pleasure / Mastery / Connection)? _____

One small action I will prioritize next week: _____
