

Week Starting: \_\_\_\_\_

**Keep track of your feelings, activities, and general progress throughout the week to see how you are doing and where you can use a little more motivation.**

**General notes:**  
 .....  
 .....  
 .....

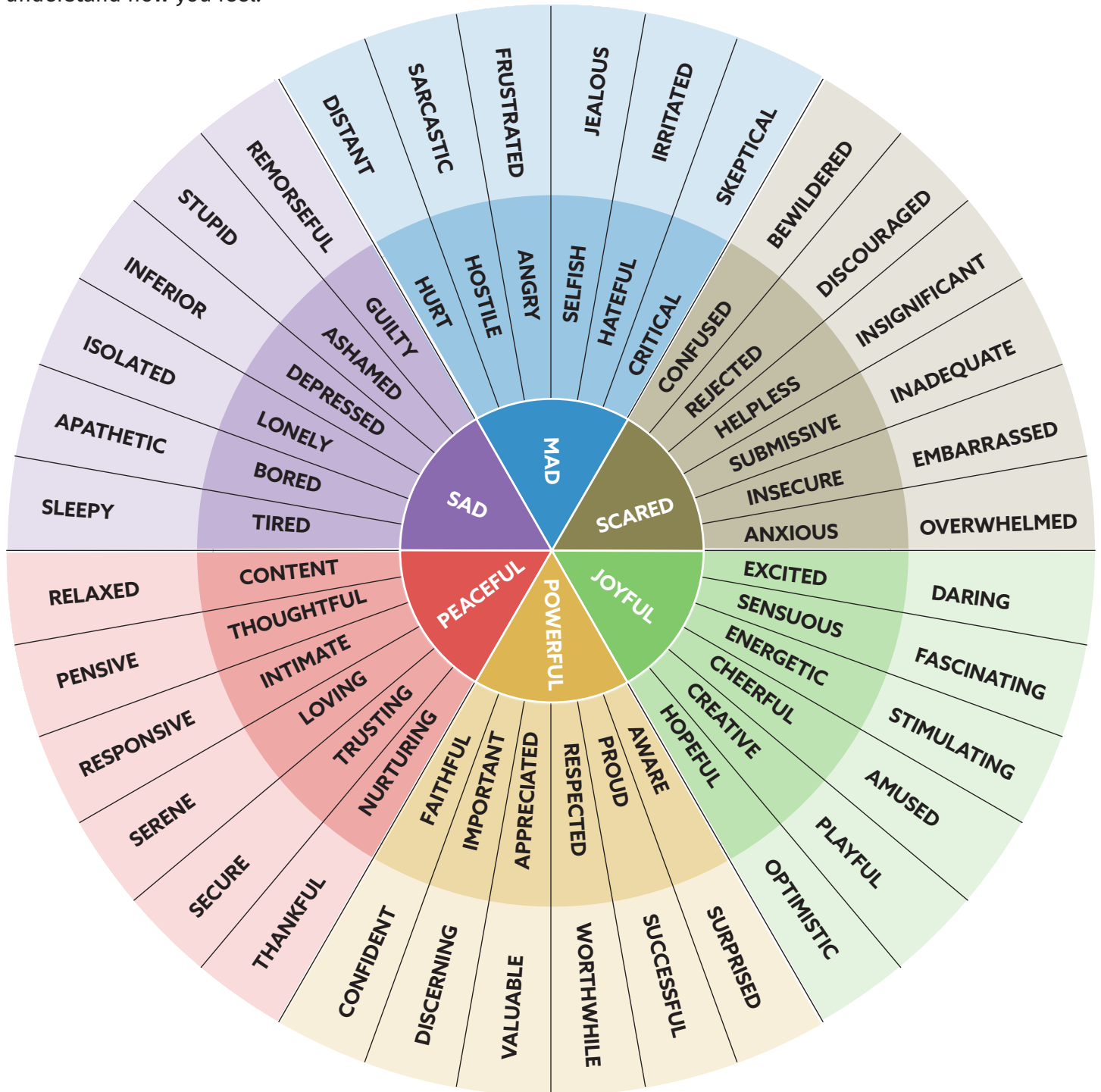
Day	Medication(s) taken (AM/PM)	Significant events and/or triggers*	Activities I enjoy	3 words to describe how I feel today*
M				
T				
W				
T				
F				
S				
S				

**Important notes to share with my healthcare professional:**  
 .....  
 .....  
 .....

\*You can use the Feeling Wheel on the next page to help find words that fit your mood.

Use this Feeling Wheel to help find the detailed description of how you're feeling. When you're having trouble identifying your specific feeling, work from the inside out. Start with the general feeling in the center, then look to the second and/or third rows to identify your more specific emotion.

Accurately identifying your emotions can help you communicate what you are experiencing and help others understand how you feel.



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