
Two-Week Mood Diary

Each evening, take a minute to fill in one line. Estimates are fine.
(Chapters 1, 8, 10)

Week 1

Day	Mood (1-10)	Interest (1-10)	Last night's sleep	One thing I did	Real conversation with anyone?	Alcohol	Period / hot flashes	Anything that stood out
1								
2								
3								
4								
5								
6								
7								

Week 2

Day	Mood (1-10)	Interest (1-10)	Last night's sleep	One thing I did	Real conversation with anyone?	Alcohol	Period / hot flashes	Anything that stood out
8								
9								
10								
11								
12								
13								
14								

After two weeks, look back:

- How many days was my mood 4 or below? ____
- Which was my best day, and what did I do that day? ____
- Do sleep, contact with people or activity rise and fall with my mood? ____
- PHQ-9 score at the start and end: ____ → ____