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Mooooood tracker - tips

Print out the empty tracker and this tip sheet and stick it inside your cupboard door.

Day 1 is the day your period starts. Start filling in your Mood tracker on day 1, unless you know when day 1 was and you therefore know exactly what day you are on right now.

Fill in the number of the day and all other days according to your cycle (Day...).

Choose a mood descriptor, from the list on this page, that best describes your mood today. Choose at most 3 words and write them in the block for today.

Your tracker can only help you if you complete it every day. Make it part of your daily routine by, for example, always doing it straight after you've brushed your teeth in the evening.

Once you have completed it for one full cycle, you have a pattern! This pattern will become even more accurate if you complete it over a few cycles. Have fun with finding the days that stick out with a particular mood.

Now you have a map of your cycle moods. Use your map to understand your moods and plan your days.



Joyful: excited, sensuous, energetic, cheerful, creative, hopeful, daring, fascinating, stimulating, amused, playful, optimistic



Sad: guilty, ashamed, depressed, lonely, bored, tired, remorseful, stupid, inferior, isolated, apathetic, sleepy



Mad: hurt, hostile, angry, selfish, hateful, critical, distant, sarcastic, frustrated, jealous, irritated, sceptical



Scared: confused, rejected, helpless, submissive, insecure, anxious, bewildered, discouraged, insignificant, inadequate, embarrassed, overwhelmed



Powerful: aware, proud, respected, appreciated, important, faithful, confident, discerning, valuable, worthwhile, successful, surprised



Peaceful: content, thoughtful, intimate, loving, trusting, nurturing, relaxed, pensive, responsive, serene, secure, thankful