



 WHERE AUTISTIC PEOPLE ARE VALUED

Mood Diary

The diary below can be used to track your mood, stress levels, or anxiety levels across the day and week.

Record your mood rating in each box, and remember to record what you have eaten, how much you have exercised, and what medication you have taken. If you feel you are struggling with your mental health, this diary can be used within appointments with your GP, Psychiatrist or Psychologist.

- Very happy mood,
- No feelings of stress
- No feelings of anxiety

Mood scale

1	2	3	4	5	6	7	8	9	10
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- Very low mood,
- Highly stressed or
- Highly anxious

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours Slept							
08:00							
12:00							
16:00							
20:00							
Bedtime							
Food intake							
Exercise (Hours)							
Medication							