SAMPLE REPORT: made-up data

MY MOOD JOURNAL

Mood report

Prepared for a therapist or doctor

Name	Sample Patient
Period	July 24, 2026 to October 22, 2026
Generated	October 22, 2026

For tracking purposes only. Not medical advice. Not a medical device. Always consult your healthcare provider.

82
ENTRIES OVER 82 DAYS

OK 4.1/6
AVERAGE MOOD

Good
MOST COMMON MOOD

7.0 hrs
AVERAGE SLEEP (82 NIGHTS)

23
REFLECTIONS WRITTEN

Calm, Anxious, Sad
TOP FEELINGS

WEEKLY AVERAGES

WEEK OF	DAYS LOGGED	ENTRIES	AVERAGE MOOD	SCALE
Jul 19, 2026	1	1	Low (3.0)	
Jul 26, 2026	7	7	Good (5.3)	
Aug 2, 2026	5	5	OK (4.2)	
Aug 9, 2026	6	6	Good (4.8)	
Aug 16, 2026	6	6	OK (4.3)	
Aug 23, 2026	6	6	OK (3.5)	
Aug 30, 2026	7	7	OK (3.6)	
Sep 6, 2026	7	7	OK (4.1)	
Sep 13, 2026	6	6	OK (3.8)	
Sep 20, 2026	7	7	Good (5.0)	
Sep 27, 2026	7	7	Low (2.7)	
Oct 4, 2026	7	7	OK (3.7)	
Oct 11, 2026	6	6	Good (4.5)	
Oct 18, 2026	4	4	OK (4.0)	

NOTABLE DAYS

Best day	July 29, 2026	Great (6.0)
Hardest day	August 27, 2026	Bad (2.0)

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MOOD DISTRIBUTION

Great	11		13%
Good	26		32%
OK	16		20%
Low	19		23%
Bad	10		12%

ACTIVITIES AND AVERAGE MOOD

ACTIVITY	TIMES	AVG MOOD	VS. OVERALL
Outdoors	11	Good (5.5)	+1.3
Meditation	7	Good (5.4)	+1.3
Reading	7	Good (5.3)	+1.2
Exercise	11	Good (5.1)	+1.0
Social	6	Good (4.8)	+0.7
Family	24	OK (4.0)	-0.1
Screen time	13	OK (3.6)	-0.5
Work	17	Low (2.9)	-1.2

TRIGGERS AND AVERAGE MOOD

TRIGGER	TIMES	AVG MOOD	VS. OVERALL
Sleep	14	Low (2.7)	-1.4
Work	8	Low (2.6)	-1.5
Stress	7	Low (2.6)	-1.5

FEELINGS

Calm (13) · Anxious (12) · Sad (12) · Restless (11) · Tired (10) · Content (9) · Happy (9) · Grateful (6)

COMPLETE ENTRY LOG

DATE	TIME	MOOD	ENERGY	SLEEP	FEELINGS	ACTIVITIES	TRIGGERS	NOTES
Oct 22	7:58 PM	**Good**	Good	Great 8h	Calm	Family	—	Movie night at home / Grateful: A good talk with a friend
Oct 21	6:54 PM	**Low**	Exhausted	Fair 6.5h	Anxious	Family	Sleep	—

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DATE	TIME	MOOD	ENERGY	SLEEP	FEELINGS	ACTIVITIES	TRIGGERS	NOTES
Oct 20	8:21 PM	**OK**	Medium	Good 7h	Tired	Family	—	—
Oct 19	8:24 PM	**OK**	Medium	Good 7h	Anxious	Work	—	—
Oct 17	6:34 PM	**OK**	Medium	Good 7.5h	Restless	Screen time	—	—
Oct 16	7:34 PM	**Great**	High	Great 8h	Content	Outdoors	—	Hike with the kids
Oct 15	9:32 PM	**Good**	High	Good 7.5h	Grateful	Exercise	—	Grateful: A good talk with a friend
Oct 14	8:11 PM	**OK**	Medium	Great 8.5h	Sad	Social	—	—
Oct 13	8:57 PM	**Good**	Good	Great 8h	Calm	Exercise	—	—
Oct 12	9:49 PM	**Low**	Exhausted	Fair 6.5h	Sad	Work	Stress	—
Oct 10	7:35 PM	**Good**	High	Great 8h	Content	Family	—	—
Oct 9	7:02 PM	**OK**	Medium	Fair 6.5h	Restless	Screen time	—	—
Oct 8	7:23 PM	**OK**	Medium	Fair 6.5h	Sad	Work	—	Busy but manageable / Grateful: Coffee on the porch
Oct 7	9:31 PM	**OK**	Medium	Good 7.5h	Restless	Social	—	—
Oct 6	6:00 PM	**Low**	Low	Fair 6.5h	Tired	Work	Sleep	—
Oct 5	9:32 PM	**Low**	Low	Fair 6h	Anxious	Family	Sleep	—
Oct 4	7:03 PM	**Low**	Exhausted	Fair 6.5h	Anxious	Work	Stress	—
Oct 3	7:27 PM	**Bad**	Low	Fair 6.5h	Restless	Screen time	Sleep	—
Oct 2	8:28 PM	**Bad**	Low	Poor 5.5h	Tired	Work	Work	—
Oct 1	9:16 PM	**Low**	Exhausted	Poor 5.5h	Tired	Family	Work	Hard day, called a friend / Grateful: Coffee on the porch
Sep 30	7:54 PM	**Bad**	Exhausted	Fair 6h	Restless	Family	Stress	—
Sep 29	6:53 PM	**Bad**	Low	Poor 5.5h	Sad	Work	Stress	—

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DATE	TIME	MOOD	ENERGY	SLEEP	FEELINGS	ACTIVITIES	TRIGGERS	NOTES
Sep 28	8:15 PM	**Low**	Exhausted	Fair 6h	Anxious	Screen time	Sleep	—
Sep 27	6:12 PM	**Good**	High	Great 8.5h	Calm	Family	—	—
Sep 26	9:27 PM	**Good**	High	Good 7.5h	Calm	Outdoors, Reading	—	—
Sep 25	6:45 PM	**Good**	Good	Good 7.5h	Calm	Exercise	—	—
Sep 24	9:38 PM	**OK**	Medium	Good 7h	Tired	Work	—	Grateful: A long walk with my sister
Sep 23	8:54 PM	**OK**	Medium	Great 8h	Restless	Family	—	—
Sep 22	9:25 PM	**Great**	Good	Great 8h	Happy	Outdoors, Reading	—	Farmers market and a long walk
Sep 21	9:42 PM	**Great**	High	Great 8h	Happy	Outdoors, Meditation	—	—
Sep 20	8:48 PM	**Good**	High	Great 8.5h	Calm	Social	—	—
Sep 18	7:38 PM	**OK**	Medium	Good 7h	Restless	Exercise, Reading	—	—
Sep 17	6:59 PM	**Good**	Good	Good 7.5h	Grateful	Family	—	Grateful: Coffee on the porch
Sep 16	6:30 PM	**Low**	Low	Fair 6.5h	Tired	Screen time	Stress	—
Sep 15	7:54 PM	**Good**	Good	Great 8h	Content	Outdoors	—	—
Sep 14	7:08 PM	**Low**	Low	Good 7h	Restless	Work	Work	—
Sep 13	7:50 PM	**Low**	Low	Fair 6.5h	Sad	Work	Sleep	Short on sleep again
Sep 12	6:46 PM	**Low**	Exhausted	Fair 6.5h	Sad	Family	Sleep	—
Sep 11	6:30 PM	**Great**	Good	Great 8h	Grateful	Family	—	—
Sep 10	9:36 PM	**Good**	Good	Good 7h	Happy	Screen time	—	Grateful: A good talk with a friend
Sep 9	6:40 PM	**Low**	Exhausted	Fair 6h	Anxious	Screen time	Stress	—
Sep 8	9:55 PM	**OK**	Medium	Good 7h	Sad	Screen time	—	—

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DATE	TIME	MOOD	ENERGY	SLEEP	FEELINGS	ACTIVITIES	TRIGGERS	NOTES
Sep 7	8:51 PM	**Low**	Exhausted	Good 7.5h	Anxious	Work	Work	—
Sep 6	7:52 PM	**Good**	Good	Good 7h	Happy	Outdoors, Meditation	—	—
Sep 5	9:31 PM	**OK**	Medium	Good 7h	Sad	Screen time	—	—
Sep 4	7:40 PM	**Great**	High	Good 7.5h	Calm	Exercise	—	Slept in, first good night in a while
Sep 3	9:30 PM	**Great**	High	Great 8.5h	Grateful	Outdoors, Meditation	—	Grateful: Coffee on the porch
Sep 2	9:45 PM	**Bad**	Exhausted	Fair 6h	Sad	Work	Work	—
Sep 1	7:27 PM	**Bad**	Low	Poor 5.5h	Restless	Family	Work	—
Aug 31	7:29 PM	**Bad**	Low	Poor 5.5h	Anxious	Family	Sleep	—
Aug 30	6:10 PM	**Low**	Exhausted	Poor 5.5h	Tired	Screen time	Sleep	Deadline week, not sleeping well
Aug 29	8:36 PM	**Bad**	Exhausted	Poor 5h	Tired	Family	Sleep	—
Aug 28	7:31 PM	**Bad**	Exhausted	Poor 5.5h	Tired	Work	Stress	—
Aug 27	8:33 PM	**Bad**	Exhausted	Poor 5h	Restless	Work	Sleep	Deadline week starts / Grateful: A good talk with a friend
Aug 26	6:13 PM	**Good**	High	Great 8.5h	Happy	Exercise, Reading	—	—
Aug 25	9:29 PM	**Good**	High	Great 8h	Content	Outdoors	—	—
Aug 24	8:30 PM	**Good**	High	Great 8h	Content	Exercise, Reading	—	—
Aug 21	6:28 PM	**OK**	Medium	Fair 6.5h	Anxious	Screen time	—	—
Aug 20	9:10 PM	**Low**	Low	Fair 6.5h	Anxious	Work	Sleep	Big meeting moved to Friday / Grateful: Coffee on the porch
Aug 19	7:32 PM	**Great**	Good	Good 7h	Content	Outdoors, Reading	—	—
Aug 18	7:06 PM	**OK**	Medium	Fair 6h	Sad	Screen time	—	Rain all day, stayed in
Aug 17	8:25 PM	**Great**	Good	Good 7.5h	Calm	Social, Meditation	—	—

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DATE	TIME	MOOD	ENERGY	SLEEP	FEELINGS	ACTIVITIES	TRIGGERS	NOTES
Aug 16	9:56 PM	**Low**	Exhausted	Fair 6.5h	Anxious	Family	Sleep	—
Aug 15	9:33 PM	**Good**	High	Good 7h	Content	Family	—	—
Aug 14	9:45 PM	**OK**	Medium	Great 8h	Sad	Outdoors	—	—
Aug 13	6:13 PM	**Good**	Good	Good 7.5h	Calm	Family	—	Grateful: A long walk with my sister
Aug 12	8:51 PM	**Good**	Good	Great 8h	Happy	Exercise, Meditation	—	—
Aug 10	8:55 PM	**Good**	Good	Great 8h	Grateful	Family	—	—
Aug 9	6:08 PM	**Good**	Good	Good 7.5h	Calm	Family, Meditation	—	—
Aug 7	9:40 PM	**Great**	High	Good 7h	Content	Outdoors, Reading	—	—
Aug 6	6:29 PM	**Low**	Low	Fair 6h	Tired	Work	Sleep	Long day, skipped lunch / Grateful: Finished a book
Aug 4	9:50 PM	**Good**	High	Great 8h	Calm	Family	—	—
Aug 3	7:21 PM	**Low**	Exhausted	Fair 6h	Sad	Family	Work	—
Aug 2	8:10 PM	**OK**	Medium	Fair 6.5h	Anxious	Screen time	—	—
Aug 1	9:15 PM	**Good**	High	Great 8h	Happy	Social	—	—
Jul 31	6:34 PM	**Great**	High	Good 7.5h	Happy	Family	—	—
Jul 30	8:33 PM	**Good**	High	Good 7.5h	Content	Exercise	—	Grateful: A good talk with a friend
Jul 29	7:03 PM	**Great**	High	Good 7.5h	Happy	Exercise	—	—
Jul 28	6:09 PM	**Good**	Good	Great 8.5h	Calm	Exercise	—	Morning spin class
Jul 27	8:36 PM	**Good**	High	Good 7h	Grateful	Family	—	—
Jul 26	7:51 PM	**Good**	Good	Great 8h	Calm	Social, Meditation	—	—
Jul 25	7:24 PM	**Low**	Exhausted	Fair 6.5h	Restless	Work	Work	—

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Generated on the user's device by My Mood Journal 1.1.3. Mood scale: Terrible 1, Bad 2, Low 3, OK 4, Good 5, Great 6.

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