

# Fixmd.io 21-Day Mood Tracking Journal

Source: <https://fixmd.io/en/tests/mood-rating>

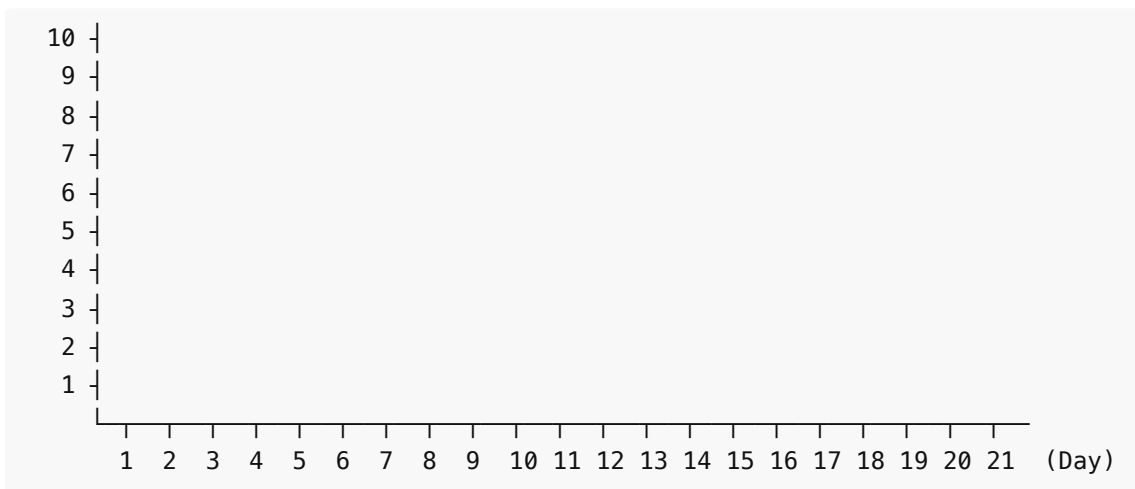
## 1. Mood Scale (1–10)

Level	Mood state	Core descriptors	Physical sensations	Thought patterns
10	Peak state	Ecstasy, bliss, transcendence, sacredness	Surging energy, lightness, faster heartbeat but pleasant	Inspiration pouring in, heightened awareness, feeling connected to the universe
9	Highly fulfilled	Overjoyed, deeply satisfied, intense gratitude	Warmth throughout the body, easy breathing, full of vitality	Sharp thinking, very optimistic, confident about the future
8	Positive & joyful	Happy, excited, enthusiastic, engaged	Energetic, heightened senses, mild excitement	Focused attention, active creativity, strong problem-solving
7	Calm & steady	Calm, content, relaxed, composed	Body relaxed, steady breathing, comfortable	Clear and balanced thinking, able to see multiple perspectives
6	Slightly positive	Peaceful, mildly pleased, settled	No obvious discomfort, generally relaxed	Can focus with occasional distraction, mostly rational thinking
5	Neutral	Flat, indifferent, mechanical, blank	No strong bodily sensations, possibly mild fatigue	Neutral thoughts, few strong ideas, "autopilot" mode
4	Slightly low	Bored, dull, mildly uneasy, tired	Lower energy, possible mild discomfort	Scattered attention, mildly negative thoughts, hesitant decisions
3	Noticeably distressed	Down, anxious, irritable, lonely	Tense body, shallow breathing, changes in sleep or appetite	Rumination, excessive worry, self-doubt
2	Deep distress	Pain, despair, anger, panic	Clear physical symptoms	Confused or stalled thinking,

			(headache / stomachache / trembling), very low energy	catastrophizing, hard to concentrate
1	Crisis	Breakdown, numbness, extreme fear, emptiness	Severe discomfort or numbness, possible loss of bodily control	Dissociation, broken logic, loss of sense of self

## 2. Mood Curve Chart

Y-axis: 1–10. X-axis: 21 days. Mark your points and connect them.



## 3. Writing Area (21 Days)

Day 1

Item	Fill in
Date & time	

Today's positive events	
Today's negative events	
Other notes	

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### Day 2

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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### Day 3

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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### Day 4

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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### Day 5

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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### Day 6

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	

Other notes	
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**Day 7**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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**Day 8**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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**Day 9**

Item	Fill in
Date & time	
Today's positive events	

Today's negative events	
Other notes	

**Day 10**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

**Day 11**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

**Day 12**

Item	Fill in
Date & time	

Today's positive events	
Today's negative events	
Other notes	

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**Day 13**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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**Day 14**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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**Day 15**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

**Day 16**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

**Day 17**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	

Other notes	
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**Day 18**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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**Day 19**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	

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**Day 20**

Item	Fill in
Date & time	
Today's positive events	

Today's negative events	
Other notes	

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**Day 21**

Item	Fill in
Date & time	
Today's positive events	
Today's negative events	
Other notes	