KNOWMOOD

A month of moments

One row for a moment each day. More than one feeling can fit.

Month / year: _____

Mood: 1 Very low 2 Low 3 Okay 4 Good 5 Great

Energy (optional): L Low / M Medium / H High. A blank day stays blank.

Day	Time	Mood / energy	A few words: feeling, life, or need
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			

At the end of the month

One moment to revisit: _____

One question to keep: _____

KNOWMOOD

Start with one moment

Use the tracker on paper. These examples are fictional.

1. Keep it short

Write the month and year, then add the day and time of a check-in.
Choose the mood closest to how you feel now. Energy and notes are optional.
Skip dates outside the month. Do not fill a missed day by guessing.

2. Try an entry

Day 3 / 8 pm / mood 2 / energy L
Anxious after a busy afternoon. Wanted a quiet break.
Day 4 / 1 pm / mood 4 / energy M
Glad to see a friend. Still tired.

3. Add a later note

Link a follow-up to its day and time. Write what you tried and how it felt.
Example: Day 3, later - stepped outside. It felt helpful in that moment.
You can also write "did not seem to help" or leave feedback blank.

4. Read the notes behind the pattern

At the end of a week, choose one entry to revisit. What was happening?
What did you need? What did you try later? What is still unclear?
A pattern in a few records does not establish what caused a feeling.

Later notes

For personal reflection, not diagnosis or treatment.

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