

Registration of mood and feelings

When do you feel most energized?

Which activities help you focus, and which ones leave you feeling drained?

This exercise is designed to help you observe patterns between what you do during the day and how you feel. Over several days, you briefly record your activities and your level of energy or mood.

It can be interesting to include different types of days, for example a weekday, a weekend day, or a work or study day. The schedules below allow you to track up to a full week, but you do not have to complete all seven days if that is not practical.

Activities are noted per hour. Sleeping can also be recorded as an activity.

For each hour, you give a **mood or energy score from 0-10**, reflecting how you feel at that moment.

You can also use the **additional details** column to note things that may influence your experience, such as social interactions, environment, stress levels, focus, creativity, or anything else that feels relevant.

Ideally, the schedule is filled in throughout the day. At the end of the day it can be difficult to remember exactly how you felt earlier. Placing the form somewhere visible can help remind you to complete it regularly.

If that is not convenient, you can also make short notes on your phone and transfer them to the schedule later.

Mood / Energy score (0-10)

0-1 - Very low energy or mood

2-3 - Low energy

4-5 - Neutral / average

6-7 - Good energy or focus

8-9 - Very energized / motivated

10 - Peak energy or flow

Day 1 - Date:

Time	Activity	Mood	Additional details
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			

Day 2 - Date:

Time	Activity	Mood	Any details
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			

Day 3 - Date:

Time	Activity	Mood	Any details
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			

Day 4 - Date:

Time	Activity	Mood	Any details
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			

Day 5 - Date:

Time	Activity	Mood	Any details
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			

Day 6 - Date:

Time	Activity	Mood	Any details
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			

Day 7 - Date:

Time	Activity	Mood	Any details
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			