Mood & Sleep Tracker

MIRROR HEALTH · VIRTUAL PSYCHIATRY

A simple daily log to notice patterns in how you feel, how you sleep, and how treatment is working — bring it to your visits so we can see the bigger picture

Week of

Medication and supplements you're tracking

Mood: 0 = very low, 10 = great · Anxiety: 0 = calm, 10 = very anxious · Sleep: hours slept · Meds: check if taken as prescribed

Date	Mood	Anxiety	Sleep	Meds	Notes (side effects, events)
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Patterns I noticed this week

Questions for my next visit

If you're a Mirror Health patient and want to go over it together, you can share it through the secure Charm patient portal or bring it to your next visit

This worksheet is an educational tool, not a substitute for professional care, diagnosis, or treatment, and using it does not create a provider–patient relationship. If you are in crisis, call or text 988, or call 911.

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