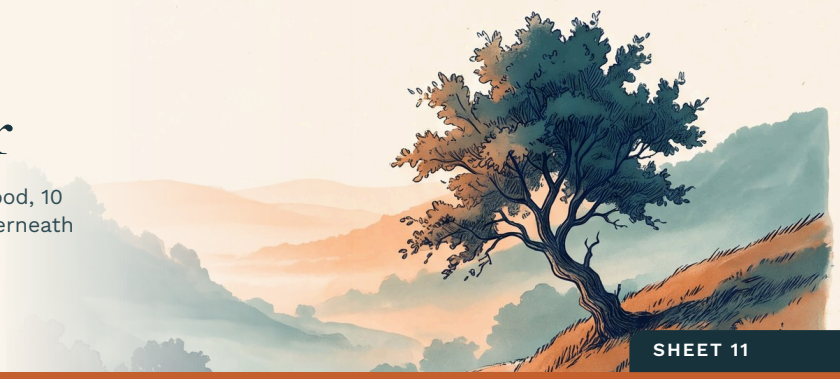
14-DAY TRACKER

Mood and Gut Tracker

Two charts with opposite directions, so read the labels: for mood, 10 is your best; for worry, 10 is your worst. Gut symptoms sit underneath so you can see which moves first.



SHEET 11

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
MOOD: 10 IS THE BEST YOU FEEL														
Mood ● one dot a day (10 / 8 / 6 / 4 / 2 / 0)														
WORRY: 10 IS THE WORST IT GETS														
Worry O one dot a day (10 / 8 / 6 / 4 / 2 / 0)														
ALSO TODAY														
Gut symptoms 0 to 10														
Sleep hours														
Movement minutes														
STEPS I PRACTISED														
Walk or other exercise	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Regular meals	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mediterranean-style meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Breathing or relaxation	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Talked to someone	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Medicine as prescribed	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Fill this in now, while you feel able

Emergency number where I live _____

Urgent mental-health line _____

Someone I can ring, day or night _____

My doctor or therapist _____

After 14 days

On days my gut was calmer, my mood was _____

What lifted a day, even slightly _____

If you cannot keep yourself safe, call your emergency number now. Thoughts of suicide or self-harm need urgent support today. Low mood most of the day for two weeks deserves a doctor's appointment. This tracker sits alongside treatment; never start, stop or change an antidepressant on your own.