MOODFLOW

Keeping a mood diary between sessions

Fill this in together and keep it somewhere you will see it.

Agreed with _____ Start date _____ We look at it together on _____

1. What we want to find out

_____

_____

2. When I check in

Time of day: _____ Reminder set: yes / no

3. What I record

- ☐ Mood, 1 to 5
- ☐ One symptom: _____
- ☐ Other: _____
- ☐ Sleep
- ☐ A few words about the day

4. What I bring

In Moodflow: Settings › Privacy & data › Export as PDF › Clinical summary. Choose the days since our last session. Notes stay out unless you add them. Showing the app or a paper diary works too.

Good to know

- Missed days are fine. Leave them blank rather than filling them in from memory.
- Nobody reads your entries between sessions, including me. You choose what to show.
- Your 1 to 5 rating is your own scale, not a test score.
- If tracking feels like a chore, makes you feel worse or you keep checking it, pause and tell me.

If you are in crisis

Do not write it in the app. Nobody is watching it. Call your local emergency number or a crisis line.

Crisis line: _____

Setting up Moodflow (free)

1. Download Moodflow from the App Store or Google Play.
2. Settings › Your check-in › Reminders: add one reminder at the time above.
3. Settings › Your check-in › Tracked items: switch off what you do not need.