



Midlife Mood & Anxiety Pattern Tracker™

Use this one-week view to notice how mood, anxiety, sleep, stress and physical symptoms may be interacting.

Week of: _____

1 Calm or steady • 3 Mixed • 5 Very difficult

	MOOD 1-5	ANXIETY 1-5	SLEEP 1-5	STRESS 1-5	PHYSICAL SYMPTOMS	WHAT WAS HAPPENING?
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

What May Have Influenced Today?

- | | | |
|---|--|--|
| ☐ Poor sleep | ☐ Skipped or delayed meal | ☐ Medication or supplement change |
| ☐ Hot flashes or night sweats | ☐ Caffeine or alcohol | ☐ Nothing obvious |
| ☐ Work or caregiving stress | ☐ Pain or physical discomfort | ☐ Other: _____ |
| ☐ Conflict or emotional strain | ☐ Period or cycle change | |

What Did You Notice?

When did you feel most steady? _____

What seemed to make symptoms harder? _____

What helped, even a little? _____



Please Reach Out for Support

Speak with a healthcare professional if anxiety or mood changes are persistent, worsening or interfering with daily life. Seek urgent help if you feel unsafe or may harm yourself.



Gentle Reminder

A tracker cannot explain everything. It can help you describe what you are experiencing more clearly.



Martine's Midlife Wellness Tip

Track briefly and with curiosity. You are looking for useful patterns, not judging whether you had a good or bad day.

