

Personal Wellness
Psychiatric Services

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Mood & Sleep
Journal

A week at a glance, for your visit

A few seconds a day gives us a clear, honest picture to work from together. There are no wrong answers, and you do not need to fill in every box. **Note what you can**, then bring this in or send it through Spruce before your appointment.

NAME

WEEK OF

DAY	DATE	SLEEP hours	SLEEP QUALITY 1-5	MOOD 1-10	ANXIETY 1-10	MEDS taken?	NOTES energy, appetite, anything on your mind
Monday						☐ yes	
Tuesday						☐ yes	
Wednesday						☐ yes	
Thursday						☐ yes	
Friday						☐ yes	
Saturday						☐ yes	
Sunday						☐ yes	

Quick guide. Sleep quality 1-5 (1 = very poor, 5 = very restful). Mood 1-10 (1 = very low, 10 = very good). Anxiety 1-10 (1 = calm, 10 = very anxious). "Meds taken" means you took your medication as prescribed that day. Skip anything that does not apply.

BEFORE MY NEXT VISIT, I WANT TO TALK ABOUT

Personal Wellness Psychiatric Services

2646 W Lincoln Hwy, Suite A, Merrillville, IN 46410

Phone **(219) 444-7946** · Secure messaging through the Spruce Health app

In a crisis? Call or text **988** (free, confidential, 24/7). If you are in immediate danger, call 911.

This journal is a personal tracking tool to support your care. It is not a diagnostic test and does not replace medical advice. Please do not send it by regular email or text; share it through Spruce Health to keep your information private.