

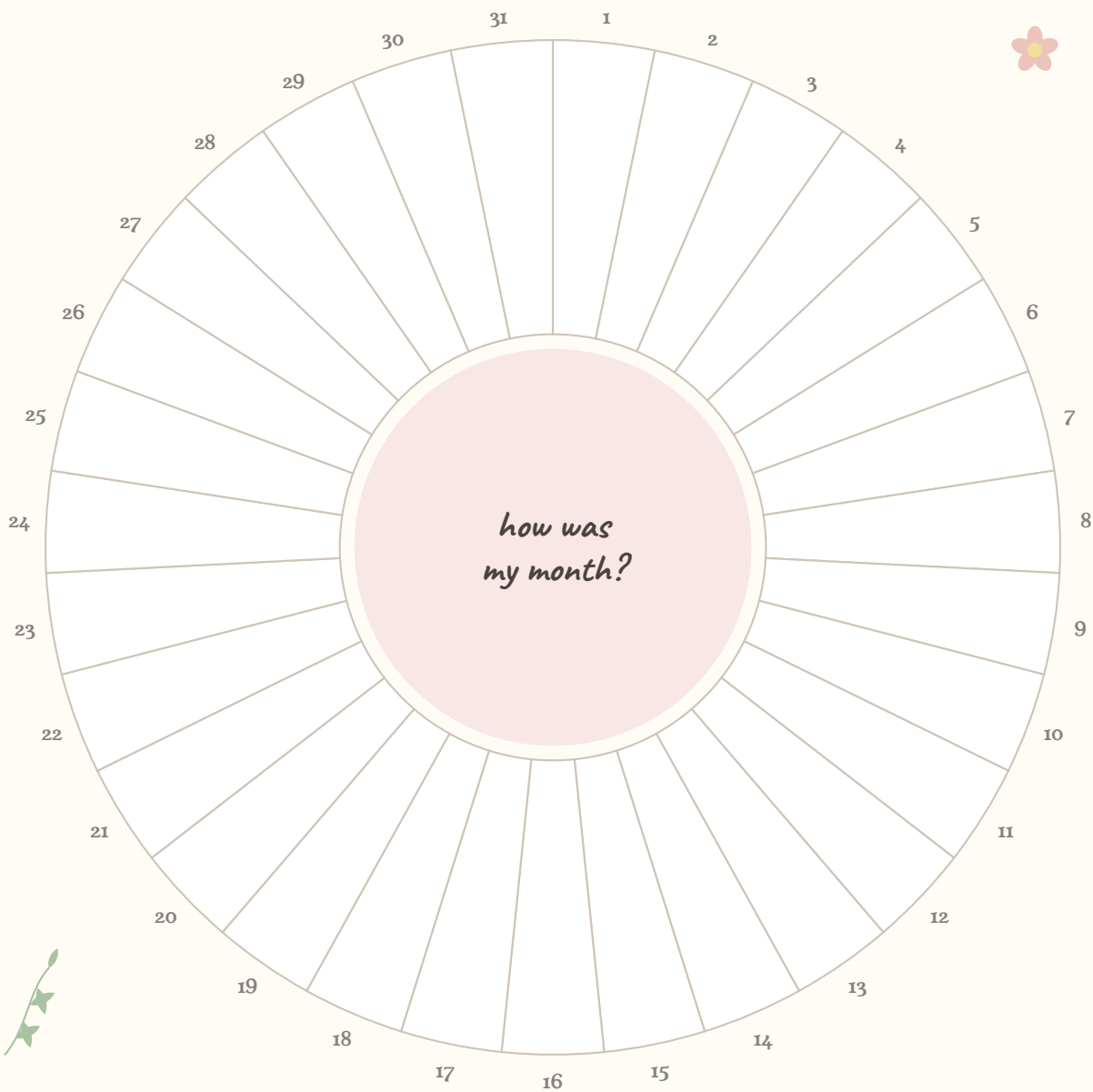


Mood Tracker

color in how today felt

MONTH _____

YEAR _____



mood key

joyful

calm

loved

tired

sad

anxious

meh

patterns I noticed



MONTH

YEAR

great

good

okay

low

rough

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

good

medium

low

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

hours of sleep

what lifted me

what weighed on me