

Monthly Mood Tracker

Select colors and fill in the chart based on your mood. Use light colors for happy moods and dark for sadder ones

Month: _____

Today I feel...

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

HAPPY, RELAXED

SAD, UPSET

AVERAGE,
INDIFFERENT

SICK, TIRED

ENERGETIC,
ACTIVE

ANGRY, ANXIOUS,
FRUSTRATED

Yearly Mood Tracker

Select colors and fill in the chart based on your mood. Use light colors for happy moods and dark for sadder ones

Year: _____



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