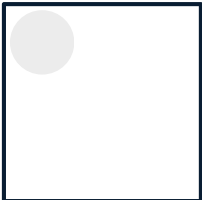
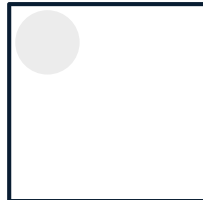
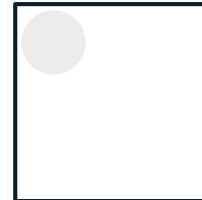
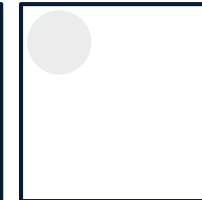
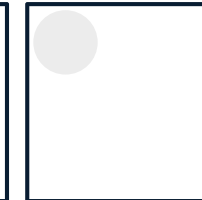
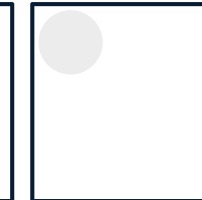
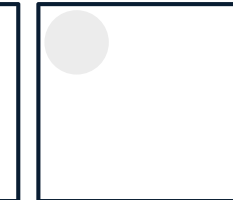
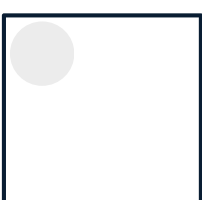
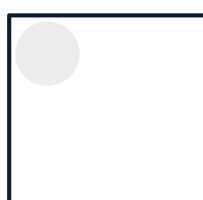
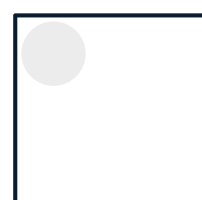
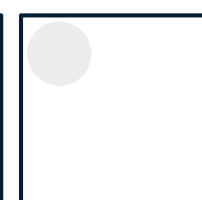
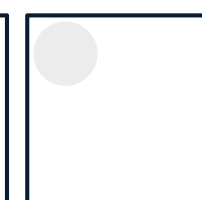
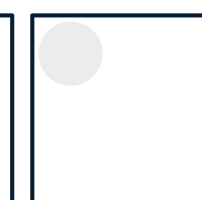
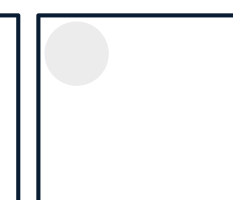
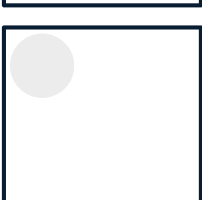
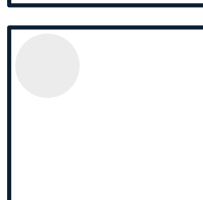
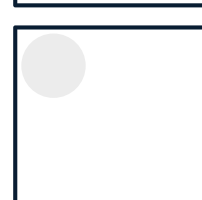
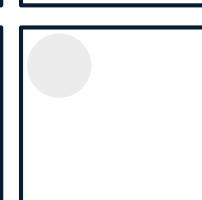
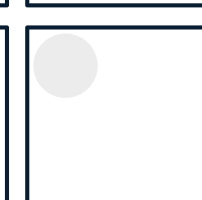
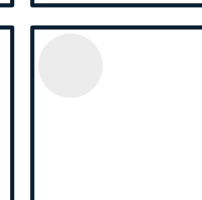
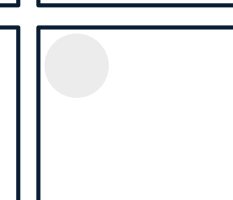
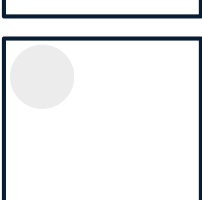
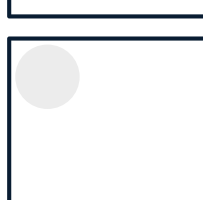
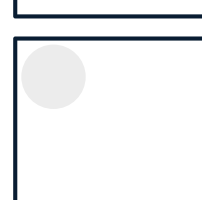
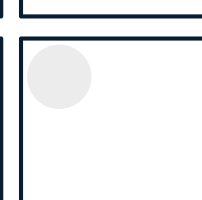
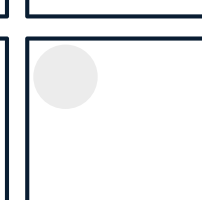
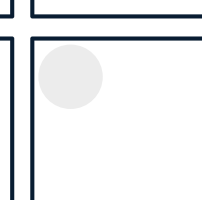
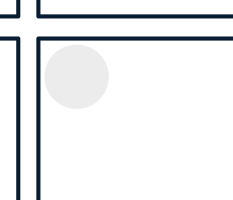
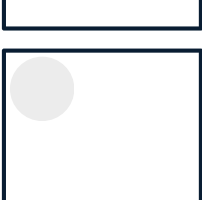
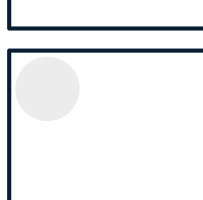
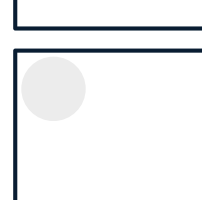
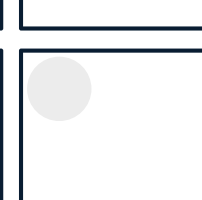
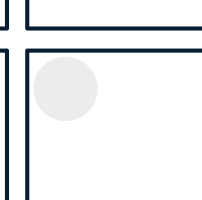
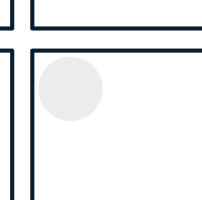
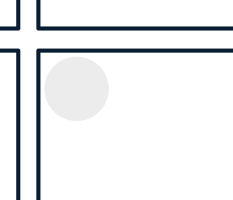


MOOD TRACKER

Tracking how we feel over time can help us learn more about what makes us feel certain ways.







For each day, write a word describing how you felt overall that day.

Examples:
happy, angry,
neutral, sad,
anxious,
excited,
overwhelmed

MOOD TRACKER

Month/Year: _____

 happy  angry  anxious
 sad  neutral  excited

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

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MOOD TRACKER

Month/Year: _____

 happy  angry  anxious
 sad  neutral  excited

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MOOD TRACKER

Month/Year: _____

 happy  angry  anxious
 sad  neutral  excited

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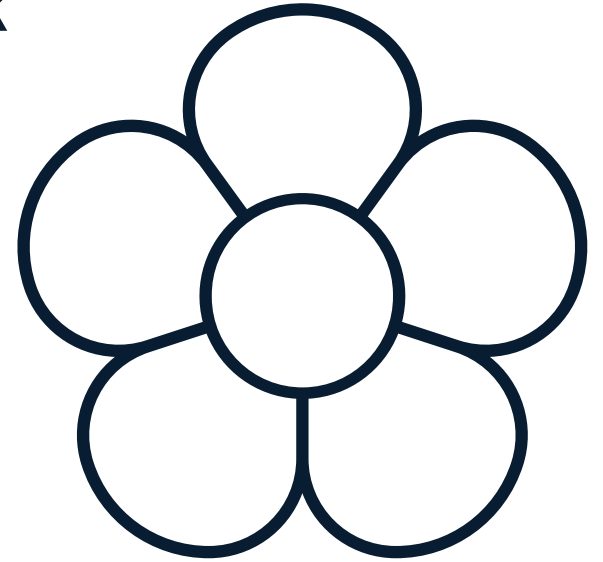
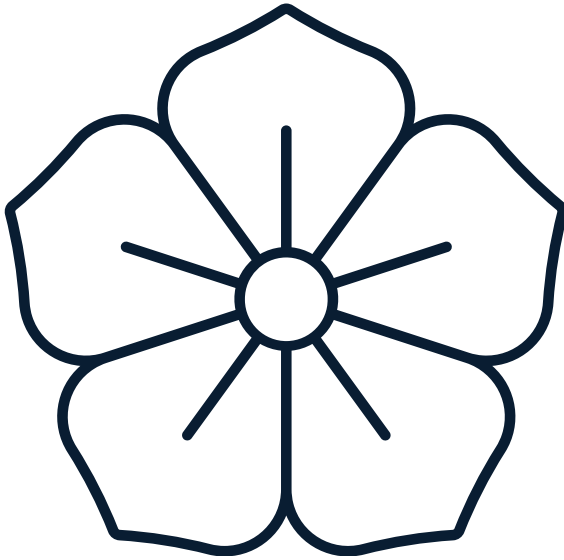
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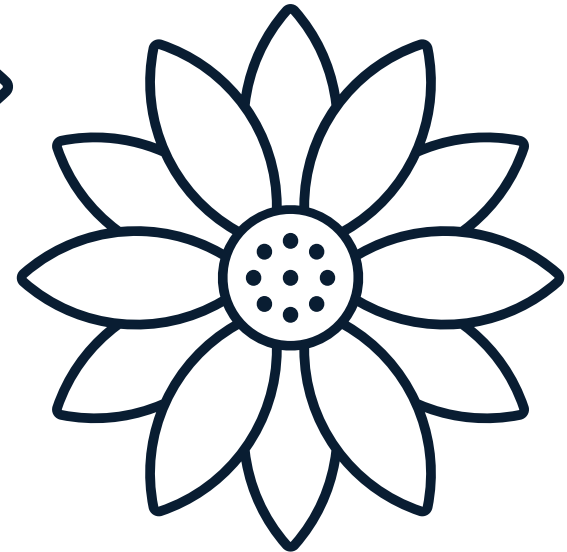
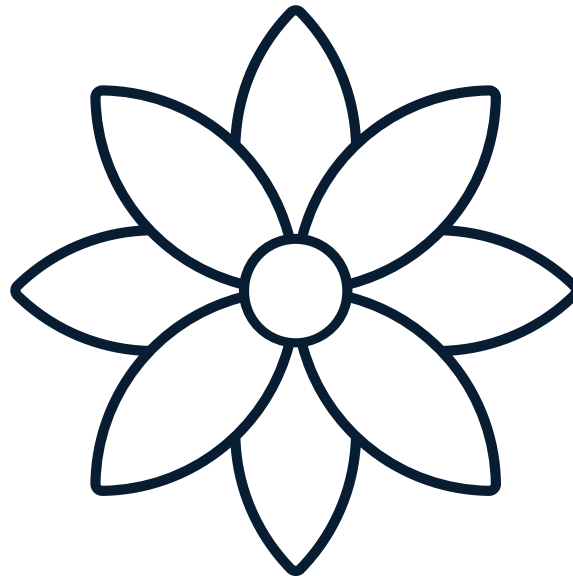
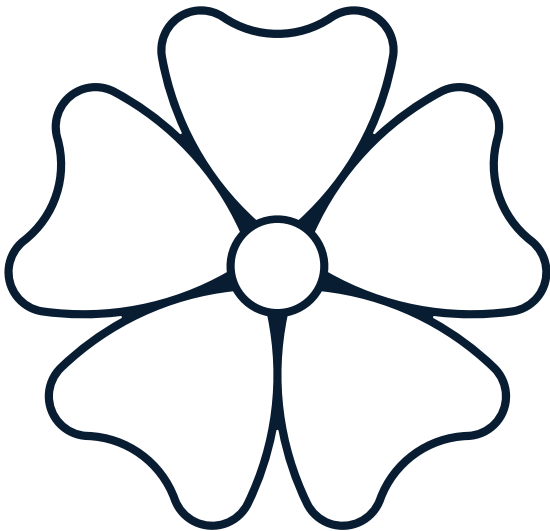
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MOOD TRACKER

Month/Year: _____



- | | | |
|---|--|---|
|  happy |  angry |  anxious |
|  sad |  neutral |  excited |



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