

MOOD TRACKER

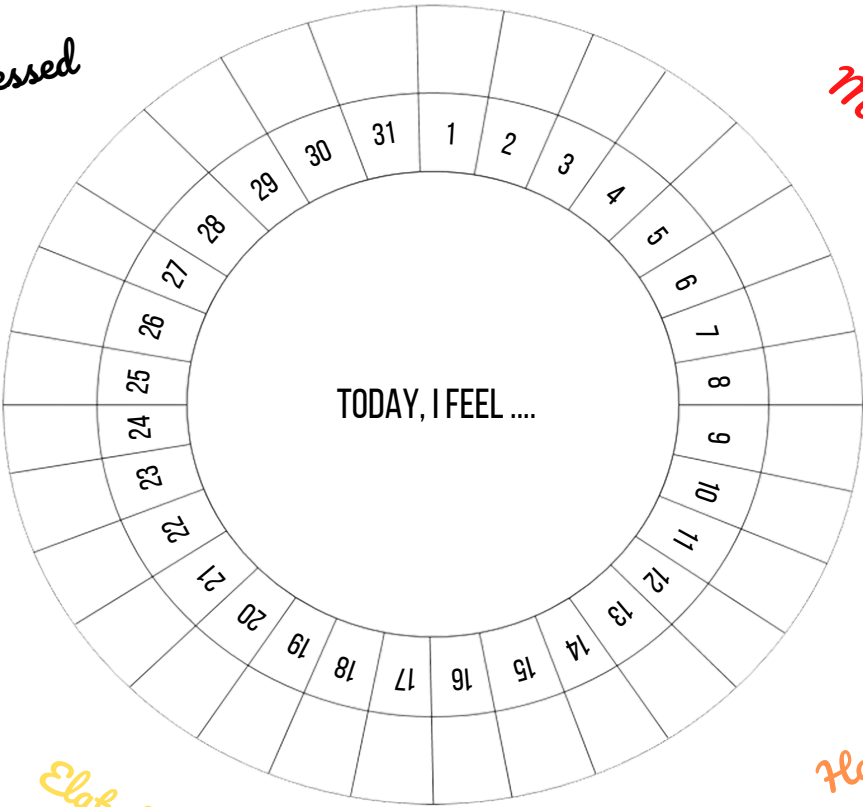
MONTH:

Depressed

Mad

Frustrated

Neutral



Happy

Sad

KEY:



HAPPY / ELATED



SAD / DEPRESSED



NEUTRAL



ENERGETIC



MAD / FRUSTRATED

*Create your own color key and track your mood