Daily Mood Tracker

10=great									
10									
9									
8									
7									
6									
5									
4									
3									
2									
1									
0									
0= Awful	Wake up	Morning routine	Breakfast	Early afternoon	Lunch	Afternoon	Dinner	Evening	Bedtime
	Calm	Calm	Calm	Calm	Calm	Calm	Calm	Calm	Calm
	Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy
	Anxious	Anxious	Anxious	Anxious	Anxious	Anxious	Anxious	Anxious	Anxious
	Worried	Worried	Worried	Worried	Worried	Worried	Worried	Worried	Worried
	Angry	Angry	Angry	Angry	Angry	Angry	Angry	Angry	Angry
	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed
	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated
	Excited	Excited	Excited	Excited	Excited	Excited	Excited	Excited	Excited
	Tired	Tired	Tired	Tired	Tired	Tired	Tired	Tired	Tired
	Sad	Sad	Sad	Sad	Sad	Sad	Sad	Sad	Sad
	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed
	Bored	Bored	Bored	Bored	Bored	Bored	Bored	Bored	Bored
	Other	Other	Other	Other	Other	Other	Other	Other	Other