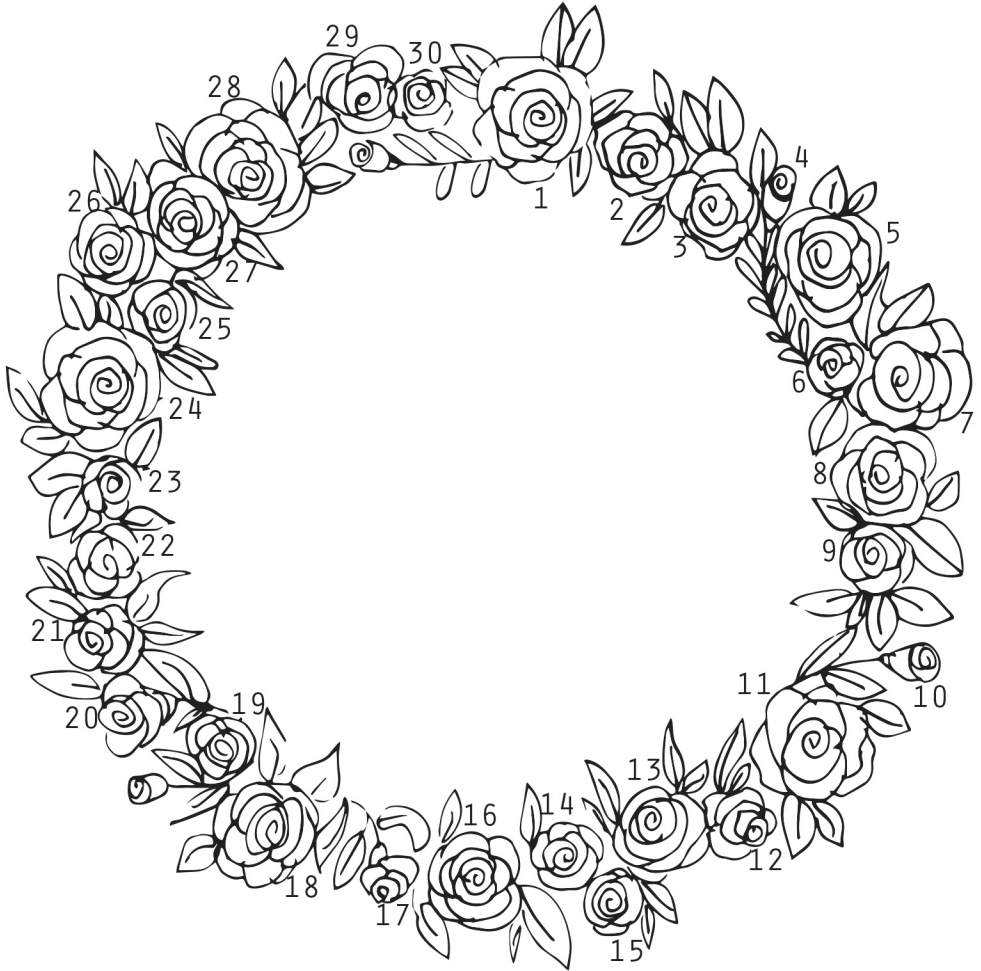


# mood tracker



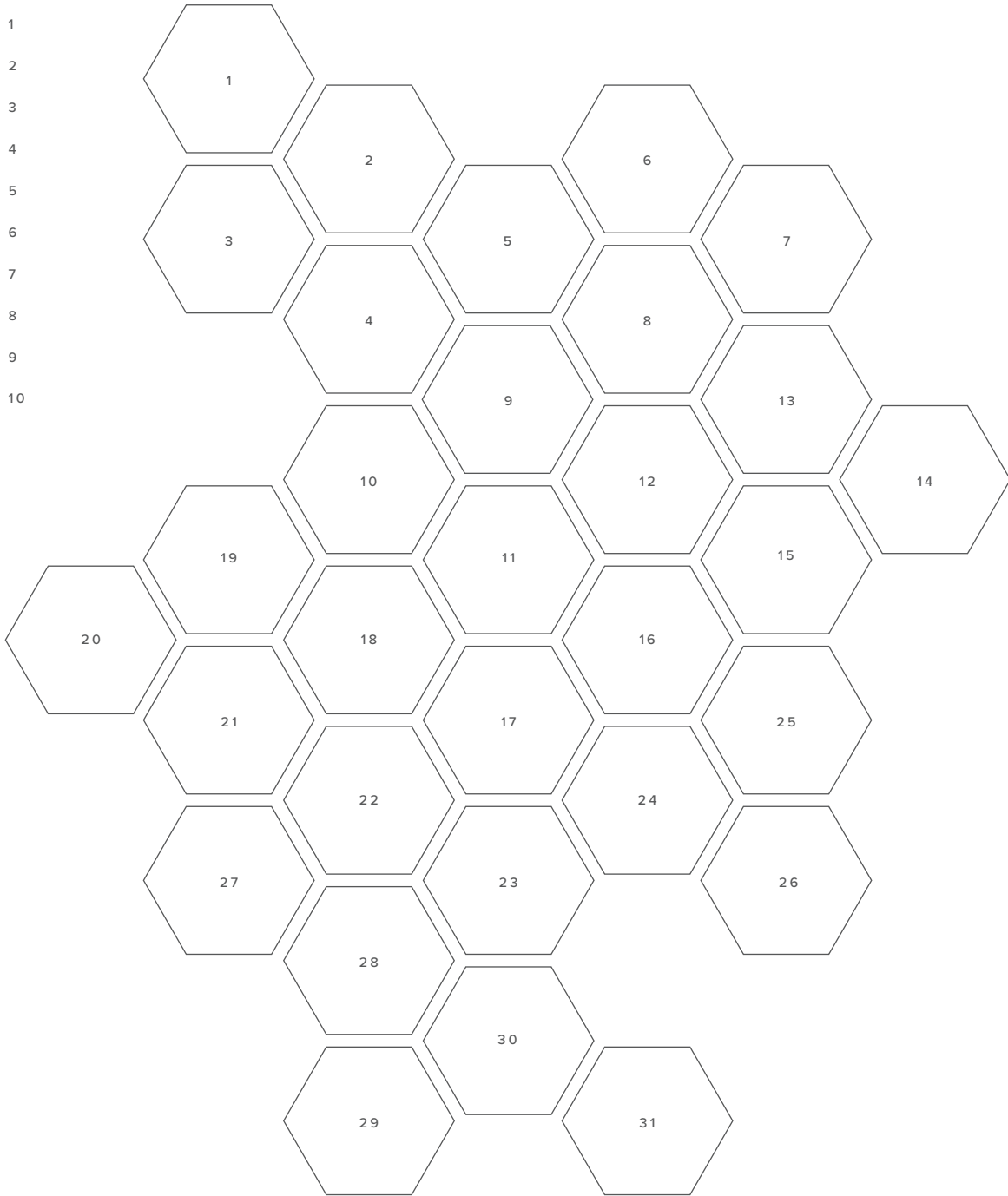
☹️ ○ ○ ○ ○ ○ ☺️

SICK ○ ○ ○ ○ ○ HEALTHY

# mood tracker

DATE

1
2
3
4
5
6
7
8
9
10



THOUGHTS, DISTRACTIONS & NOTES TO SELF

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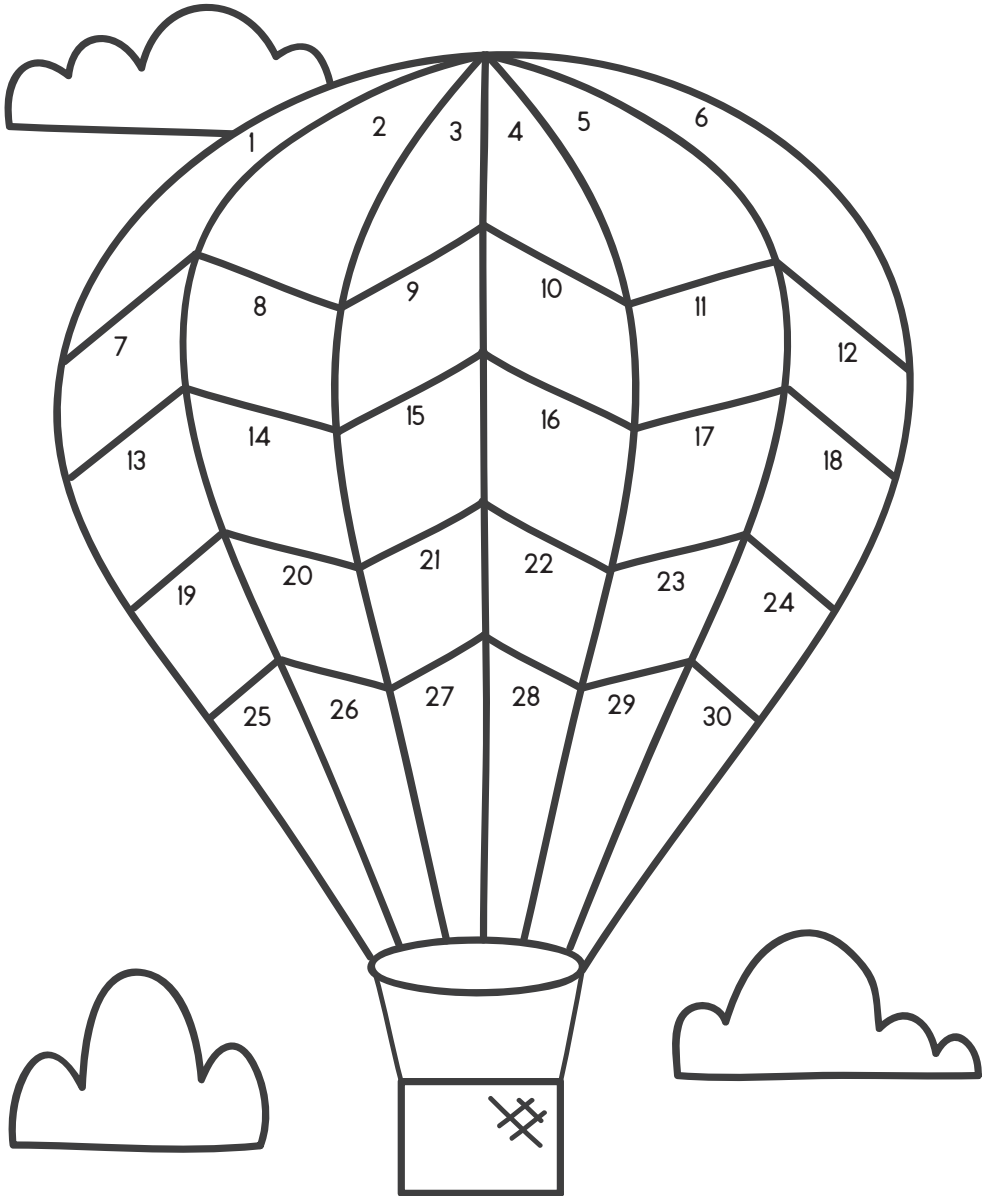
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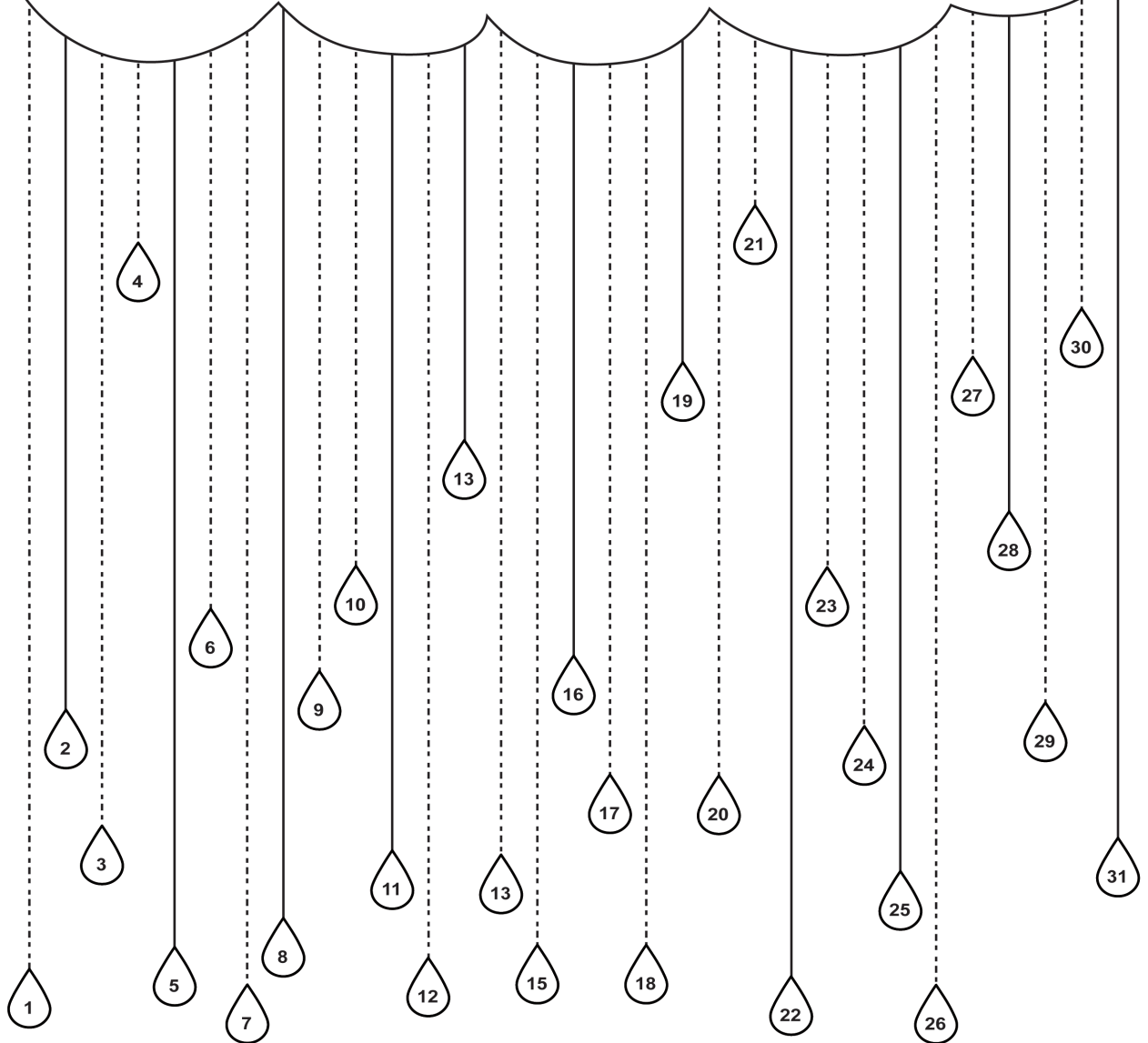
- HAPPY
- PRODUCTIVE/ENERGETIC
- CONTENT
- SAD
- ANNOYED
- MAD
- TIRED/SICK

*mood Tracker*  
month of:

# Mood Tracker



# Mood Tracker



Key

