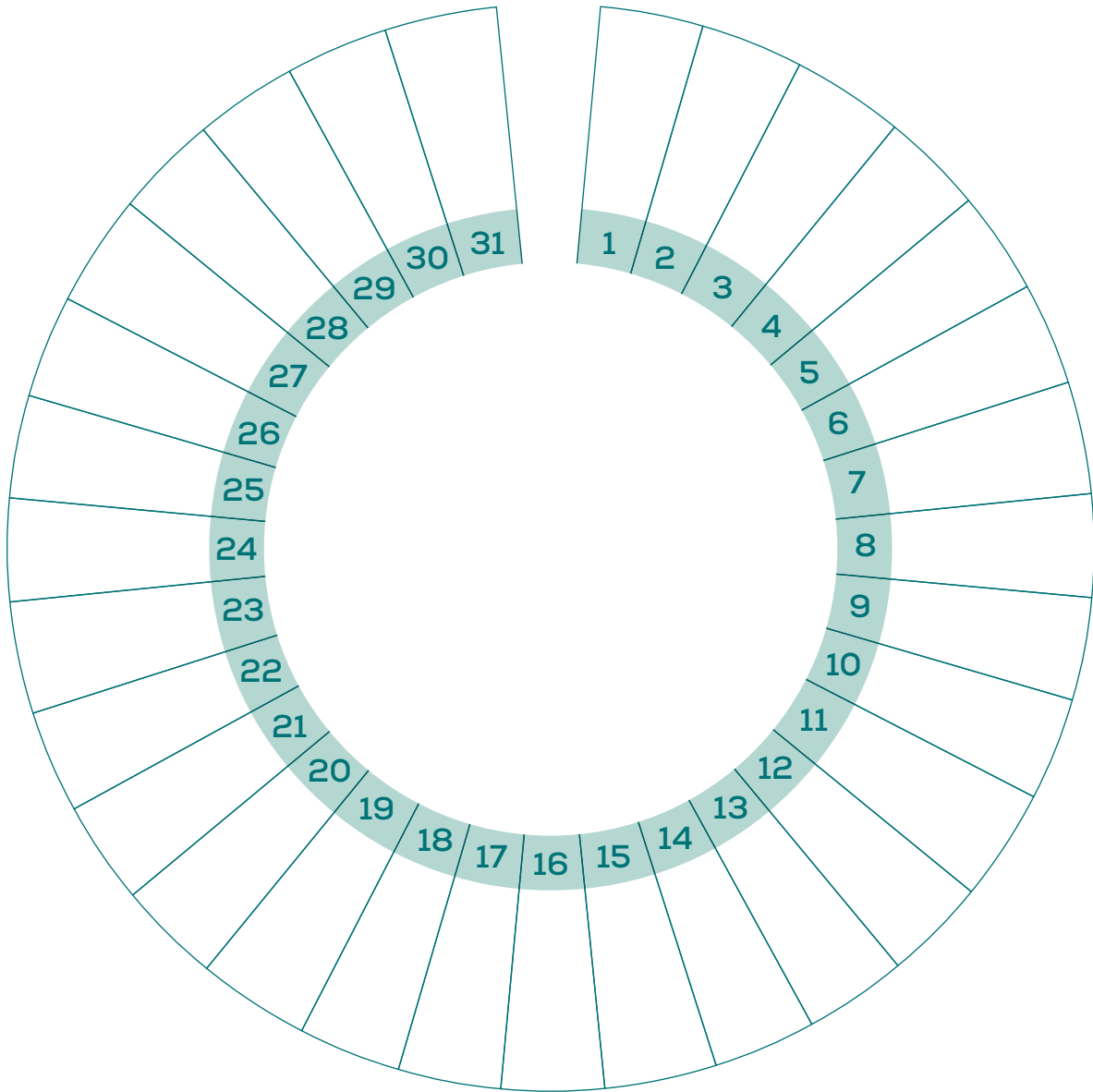


Mood Tracker

MONTH: _____



MOOD COLOR KEY

Fill in each mood below with a different color. Use the circle above to track your mood daily with the corresponding coloring.



Productive



Tired



Depressed



Neutral





Anxious



Energetic



Stressed



Sick