

Mood Tracker

JAN FEB MAR APR MAY JUNE

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- 1** VERY TOUGH DAY
- 2** DIFFICULT DAY
- 3** AVERAGE DAY
- 4** GREAT DAY
- 5** AMAZING DAY

MONTHLY TOTALS

JAN	FEB	MAR	APR	MAY	JUNE

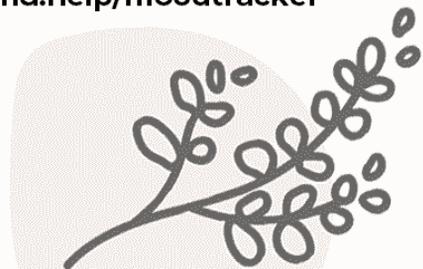
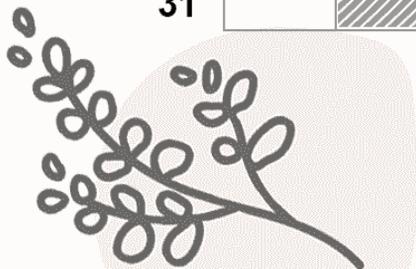
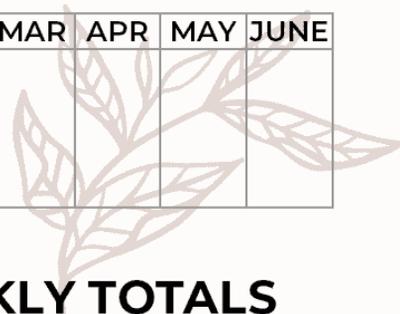
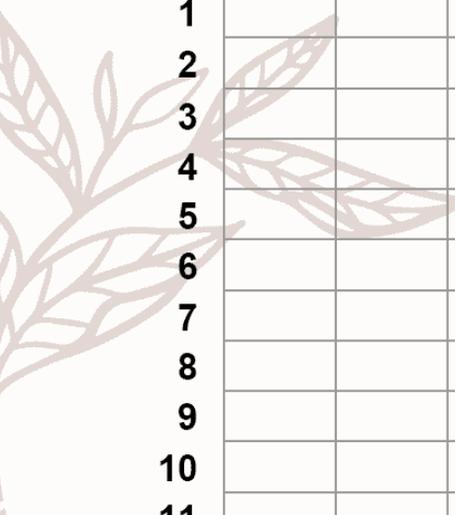
WEEKLY TOTALS

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27			

Assign an overall mood to each day and calculate your monthly totals

To Find what your results mean Visit

<https://mind.help/moodtracker>



Mood Tracker

JULY AUG SEPT OCT NOV DEC

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MONTHLY TOTALS

JULY	AUG	SEPT	OCT	NOV	DEC

WEEKLY TOTALS

1	2	3	4	5	6
7	8	9	10	11	12
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