

# Mood Tracker

JAN FEB MAR APR MAY JUNE

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						
28						
29						
30		■				
31		■		■		■

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

## MONTHLY TOTALS

JAN	FEB	MAR	APR	MAY	JUNE

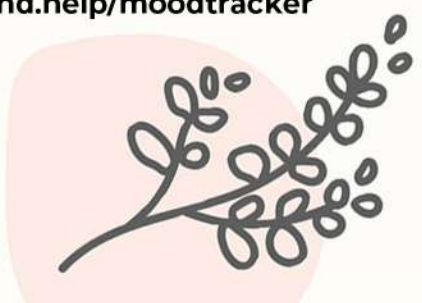
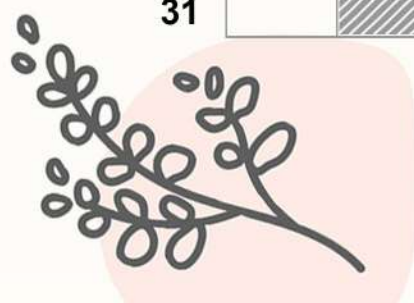
## WEEKLY TOTALS

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

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					
28					
29					
30					
31					

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

## MONTHLY TOTALS

JULY	AUG	SEPT	OCT	NOV	DEC

## 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>

