

		2025 Yearly Mood Tracking Chart												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC		
1														
2													Instructions:	
3													1. Select a color, or vibe, of the day.	
4														
5														
6													2. Rate the day on a scale from 1-10.	
														
8														
9													3. Make notes in a journal about what contributed to the score & color chosen for the day.	
10														
11														
12														
13														
14														
15														
16														
17														
18														
19														
20													Color Legend:	
21														
22														
23														
24														
25														
26														
27														
28														
29														
30														
31														
Create your own rating measures: (i.e., 1 = did not enjoy/totally unfulfilled, 10 = thoroughly enjoyed/completely fulfilled).														