

Mood TRACKERS

Mood Tracker

MONTH _____

A circular mood tracker divided into 31 segments, numbered 1 to 31, for tracking mood over a month. The segments are arranged in a circle, with the numbers 1 through 31 placed in the inner ring of each segment. The segments are currently empty, ready for use.

NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY

Mood Tracker

MONTH _____

A large circular mood tracker chart is positioned on the left side of the page. The chart is divided into 31 numbered segments, starting from 1 at the top and ending at 31 at the bottom. The segments are arranged in a semi-circle. From the center of the chart, a grid of lines extends outwards, creating a series of rectangular cells for tracking mood over time. The lines are spaced evenly, creating a grid that covers most of the page.

NEUTRAL

GRUMPY

RELAXED

TIRED

SICK

HAPPY

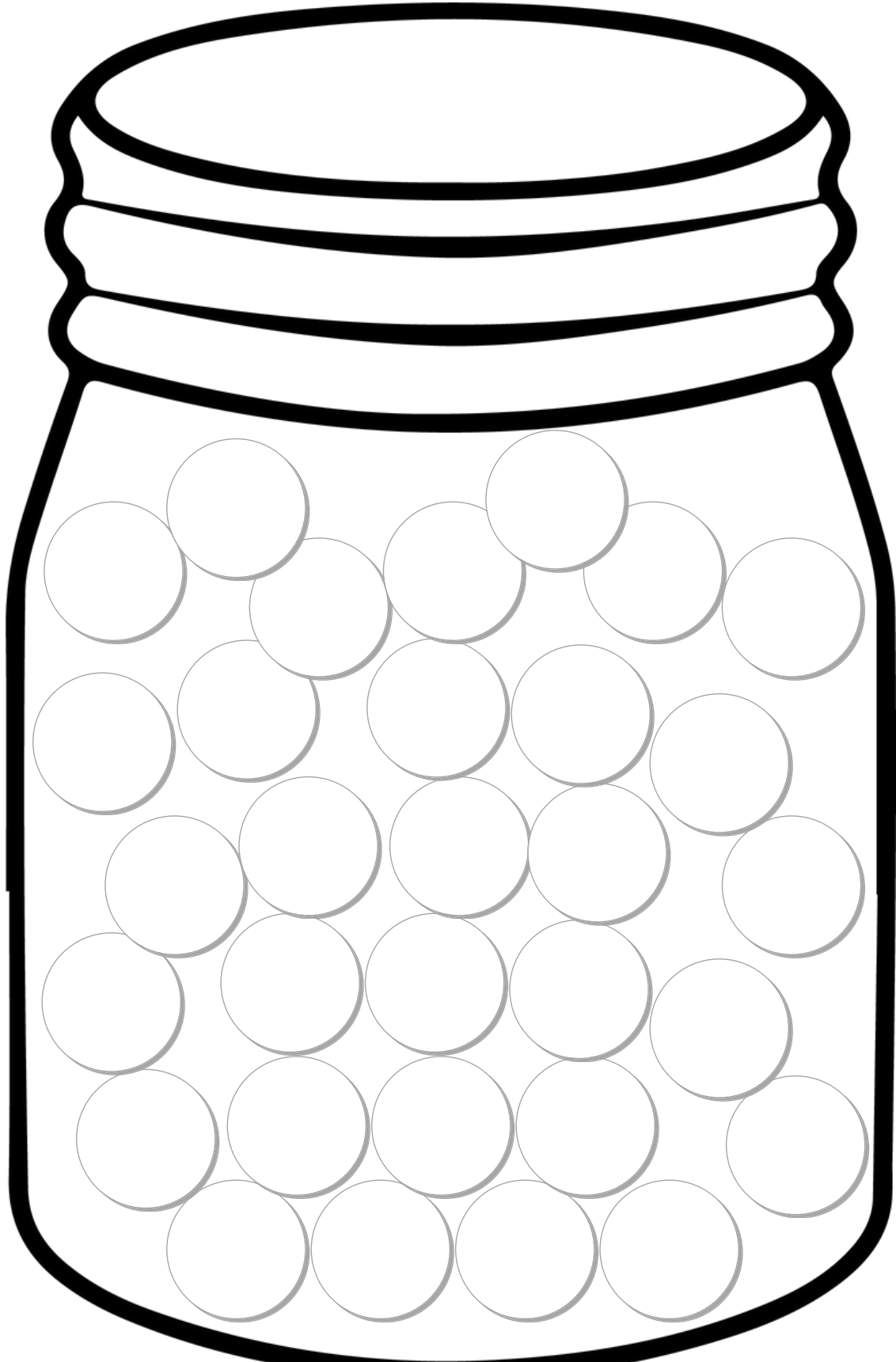
STRESSED

SAD

ANGRY

Mood Tracker

MONTH _____



Mood Tracker

		J	F	M	A	M	J	J	A	A	O	N	D
1													
2													
3													
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NEUTRAL

GRUMPY

RELAXED

TIRED

SICK

HAPPY

STRESSED












SAD

ANGRY

NAME _____

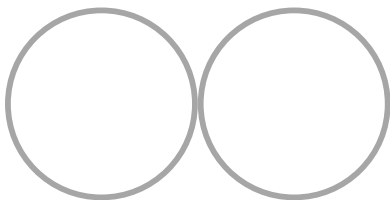
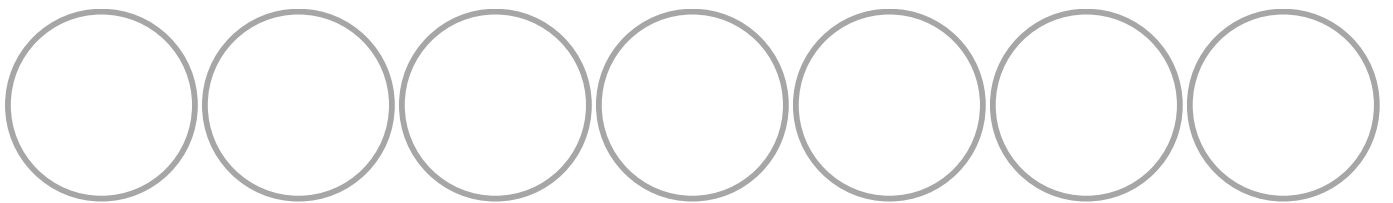
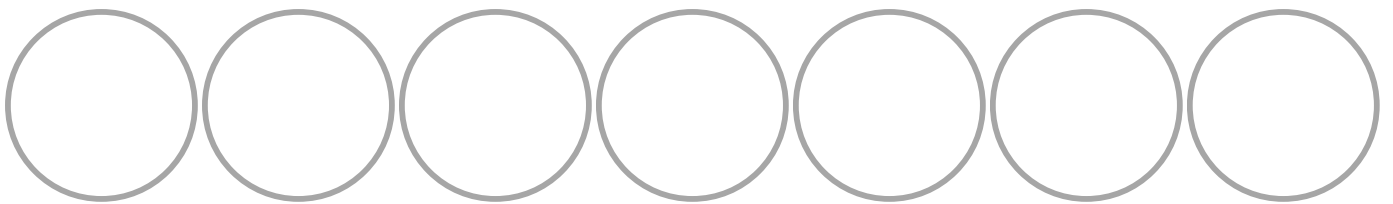
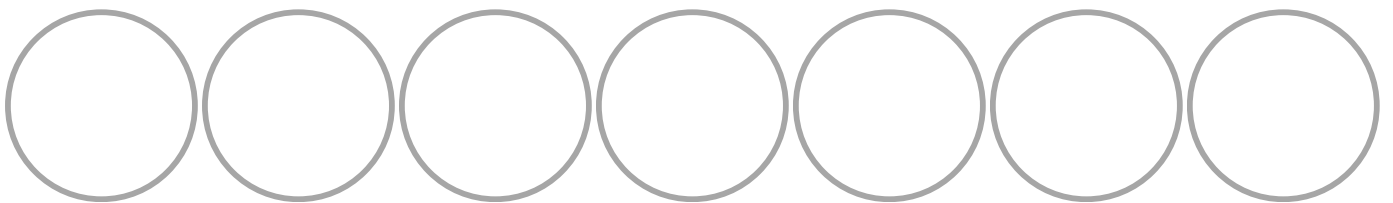
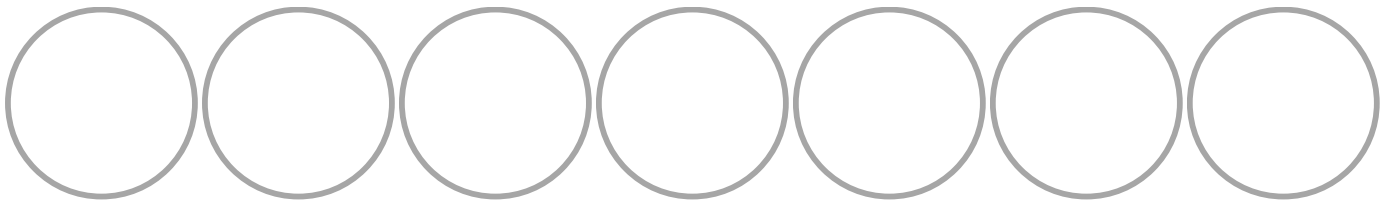
WEEK _____

Today I Felt

	MON	TUE	WED	THU	FRI	SAT	SUN
							
							
							
							
							
							
							
							
							
							
							

Mood Tracker

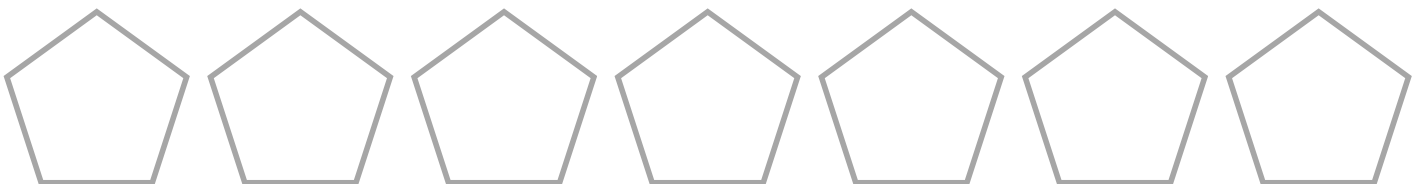
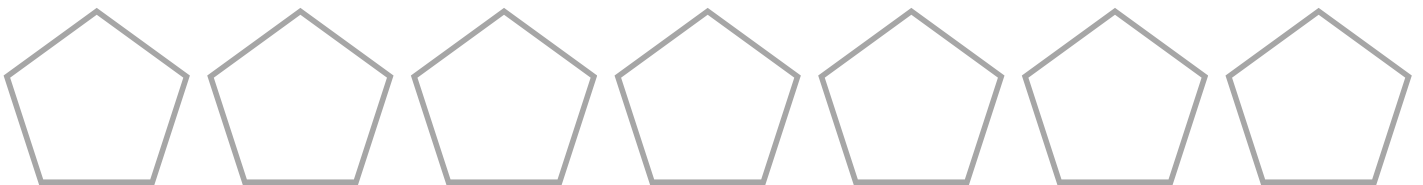
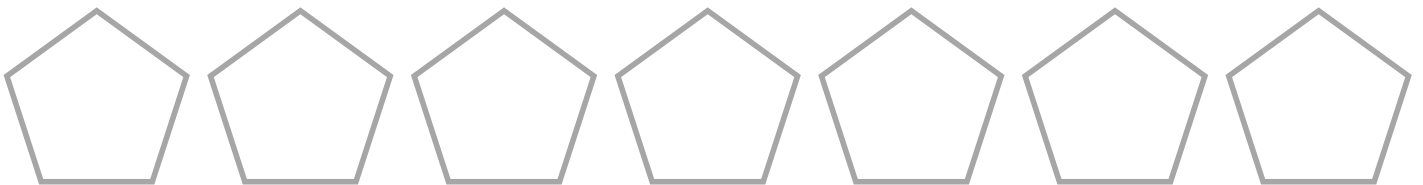
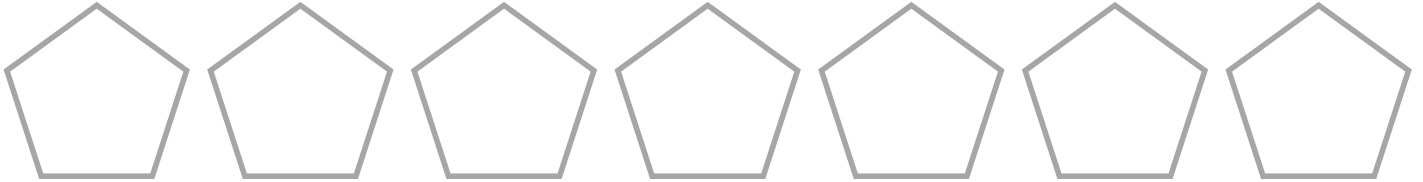
MONTH _____



<input type="radio"/>	<input type="text"/>	<input type="radio"/>	<input type="text"/>	<input type="radio"/>	<input type="text"/>	<input type="radio"/>	<input type="text"/>
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Mood Tracker

MONTH _____



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Mood Tracker

MONTH _____



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Anxiety Tracker

		J	F	M	A	M	J	J	A	A	O	N	D	
1														NO ANXIETY <input type="text"/>
2														MILD ANXIETY <input type="text"/>
3														MODERATE ANXIETY <input type="text"/>
4														HIGH ANXIETY <input type="text"/>
5														SEVERE ANXIETY <input type="text"/>
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