



Daily MOOD Tracker and Journal

BELONGS TO



DATE:

Daily MOOD Tracker

M T W T F S S

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|--------------|-------------------------|-------------------------|
| Sleep Hours: | Energy Level: | Stress Level: |
| | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ |

Today I am feeling:

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|-------------------------------------|------------------------------------|------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> happy | <input type="checkbox"/> energized | <input type="checkbox"/> empowered | <input type="checkbox"/> overwhelmed | <input type="checkbox"/> motivated |
| <input type="checkbox"/> grateful | <input type="checkbox"/> content | <input type="checkbox"/> sad | <input type="checkbox"/> confused | <input type="checkbox"/> unmotivated |
| <input type="checkbox"/> optimistic | <input type="checkbox"/> tired | <input type="checkbox"/> anxious | <input type="checkbox"/> proud | <input type="checkbox"/> bored |
| <input type="checkbox"/> worried | <input type="checkbox"/> lonely | <input type="checkbox"/> at peace | <input type="checkbox"/> annoyed | <input type="checkbox"/> |

Why do I feel this way?

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| | | |
|-----------------------------|--------------------|--|
| 3 things I am Grateful for: | 3 Goals for Today: | |
| 1. | | |
| 2. | | |
| 3. | | |

MOOD AM      MOOD PM      *Today's Self-Care:*

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|-----------------------------------|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> walk | <input type="checkbox"/> yoga | <input type="checkbox"/> shopping | <input type="checkbox"/> |
| <input type="checkbox"/> meditate | <input type="checkbox"/> family | <input type="checkbox"/> read | <input type="checkbox"/> |
| <input type="checkbox"/> workout | <input type="checkbox"/> friends | <input type="checkbox"/> journal | <input type="checkbox"/> |
| <input type="checkbox"/> bath | <input type="checkbox"/> hobbies | <input type="checkbox"/> play | <input type="checkbox"/> |

| Did I have enough? | Yes | No |
|--------------------|-----|----|
| water | | |
| vitamins | | |
| fruits/vegetables | | |
| fresh air | | |
| free time | | |
| | | |

What can I do to make my next day better?

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Thoughts & Reflections:

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Gratitude *Journal*

DATE:

| | WHAT I AM GRATEFUL FOR TODAY... |
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Free Flow Journal

DATE:

Daily MOOD Tracker

M T W T F S S

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|--------------|-------------------------|-------------------------|
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| | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ |

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| <input type="checkbox"/> optimistic | <input type="checkbox"/> tired | <input type="checkbox"/> anxious | <input type="checkbox"/> proud | <input type="checkbox"/> bored |
| <input type="checkbox"/> worried | <input type="checkbox"/> lonely | <input type="checkbox"/> at peace | <input type="checkbox"/> annoyed | <input type="checkbox"/> |

Why do I feel this way?

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| 3. | | |

MOOD AM      MOOD PM      *Today's Self-Care:*

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|-----------------------------------|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> walk | <input type="checkbox"/> yoga | <input type="checkbox"/> shopping | <input type="checkbox"/> |
| <input type="checkbox"/> meditate | <input type="checkbox"/> family | <input type="checkbox"/> read | <input type="checkbox"/> |
| <input type="checkbox"/> workout | <input type="checkbox"/> friends | <input type="checkbox"/> journal | <input type="checkbox"/> |
| <input type="checkbox"/> bath | <input type="checkbox"/> hobbies | <input type="checkbox"/> play | <input type="checkbox"/> |

| Did I have enough? | Yes | No |
|--------------------|-----|----|
| water | | |
| vitamins | | |
| fruits/vegetables | | |
| fresh air | | |
| free time | | |
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What can I do to make my next day better?

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Thoughts & Reflections:

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Gratitude *Journal*

DATE:

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This image shows a single page from a notebook or ledger. It features approximately 28 horizontal ruling lines spaced evenly down the page. The lines are thin and light gray. There are no margins, text, or other markings on the page.

Free Flow Journal

DATE:

Daily MOOD Tracker

MTWTFSS

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|--------------|-------------------------|-------------------------|
| Sleep Hours: | Energy Level: | Stress Level: |
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Today I am feeling:

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| 2. | | |
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MOOD AM      MOOD PM      *Today's Self-Care:*

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|-----------------------------------|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> walk | <input type="checkbox"/> yoga | <input type="checkbox"/> shopping | <input type="checkbox"/> |
| <input type="checkbox"/> meditate | <input type="checkbox"/> family | <input type="checkbox"/> read | <input type="checkbox"/> |
| <input type="checkbox"/> workout | <input type="checkbox"/> friends | <input type="checkbox"/> journal | <input type="checkbox"/> |
| <input type="checkbox"/> bath | <input type="checkbox"/> hobbies | <input type="checkbox"/> play | <input type="checkbox"/> |

| Did I have enough? | Yes | No |
|--------------------|-----|----|
| water | | |
| vitamins | | |
| fruits/vegetables | | |
| fresh air | | |
| free time | | |
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What can I do to make my next day better?

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Thoughts & Reflections:

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Gratitude *Journal*

DATE:

| | WHAT I AM GRATEFUL FOR TODAY... |
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Free Flow Journal

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MOOD AM



MOOD PM

*Today's Self-Care:*

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|-----------------------------------|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> walk | <input type="checkbox"/> yoga | <input type="checkbox"/> shopping | <input type="checkbox"/> |
| <input type="checkbox"/> meditate | <input type="checkbox"/> family | <input type="checkbox"/> read | <input type="checkbox"/> |
| <input type="checkbox"/> workout | <input type="checkbox"/> friends | <input type="checkbox"/> journal | <input type="checkbox"/> |
| <input type="checkbox"/> bath | <input type="checkbox"/> hobbies | <input type="checkbox"/> play | <input type="checkbox"/> |

| Did I have enough? | Yes | No |
|--------------------|-----|----|
| water | | |
| vitamins | | |
| fruits/vegetables | | |
| fresh air | | |
| free time | | |
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What can I do to make my next day better?

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Thoughts & Reflections:

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Gratitude *Journal*

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What can I do to make my next day better?

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| <input type="checkbox"/> grateful | <input type="checkbox"/> content | <input type="checkbox"/> sad | <input type="checkbox"/> confused | <input type="checkbox"/> unmotivated |
| <input type="checkbox"/> optimistic | <input type="checkbox"/> tired | <input type="checkbox"/> anxious | <input type="checkbox"/> proud | <input type="checkbox"/> bored |
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| Did I have enough? | Yes | No |
|--------------------|-----|----|
| water | | |
| vitamins | | |
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What can I do to make my next day better?

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Thoughts & Reflections:

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Gratitude *Journal*

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Free Flow Journal

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|--------------|-------------------------|-------------------------|
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|-----------------------------------|----------------------------------|-----------------------------------|--------------------------------|
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What can I do to make my next day better?

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Thoughts & Reflections:

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Gratitude *Journal*

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Free Flow Journal

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