

WEEKLY MOOD TRACKER

CHOOSE YOUR OWN COLOR TO DESCRIBE YOUR MOOD.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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GOOD OKAY BAD

IN THE BOXES BELOW WRITE DOWN ANOTHER WORD TO DESCRIBE THE DAY.

THINK ABOUT THE EVENTS IN THE DAY THAT CAUSED YOU TO FEEL THIS WAY AND REFLECT ON PAGE TWO.

MONDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TUESDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEDNESDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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THURSDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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FRIDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SAT

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SUN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEKLY MOOD REFLECTION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

SUN