



# Mood Tracker



	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept	Oct.	Nov.	Dec.
1												
2												
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Mood:

1. Happy
2. Angry
3. Sad/Depressed
4. Anxious
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_