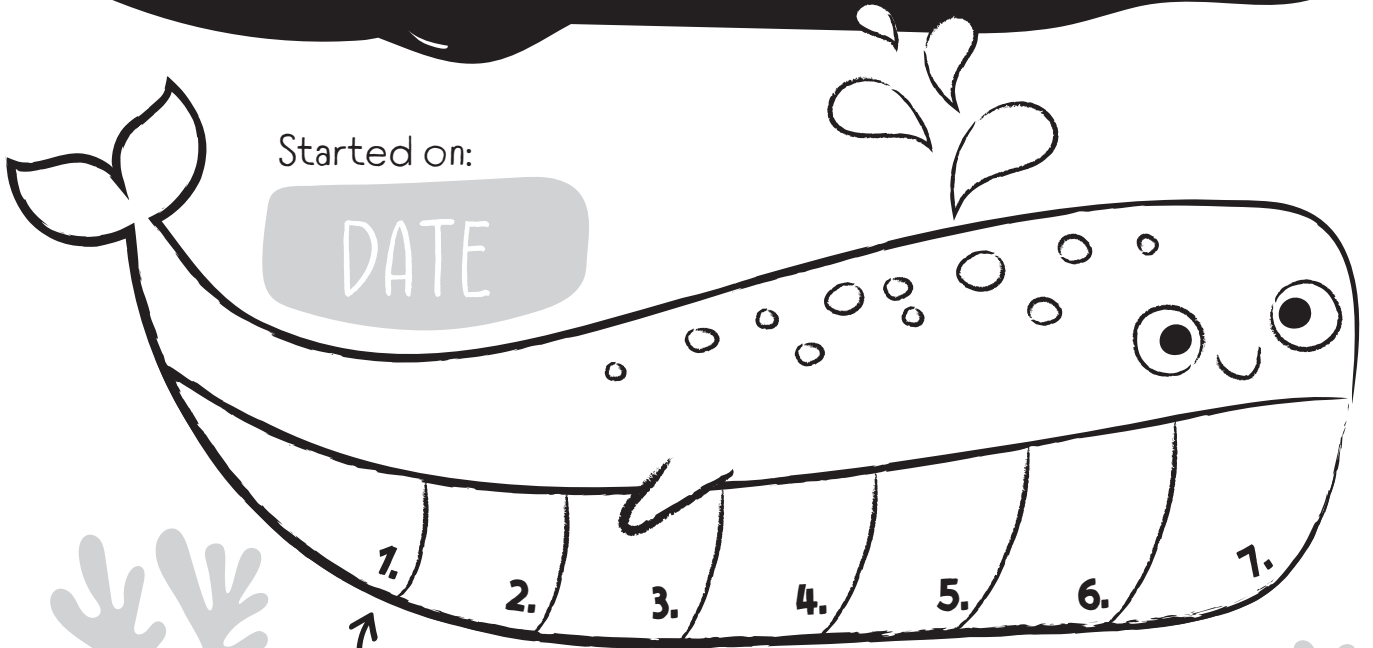


1 WEEK MOOD TRACKER

Started on:

DATE



Colour in one section each day for a week

COLOUR KEY:



AWESOME



Good



OK



Not good



AWFUL

A THING THAT WAS ON
MY MIND THIS WEEK...

A THING THAT MADE
ME SMILE THIS WEEK...