

HOW TO USE

Step 1: Assign colours to moods. For example:

Stressed: Red

Happy: Yellow

Anxious: Blue

Excited: Green

Feel free to choose any colours that resonate with you. This is your tracker.

Step 2: At the end of each day, think about how you felt. Shade in the number on the sweets using the colours you assigned to your moods. (Number 1 for the 1st day of the month, Number 2 for the 2nd day in the month, and so on). If you experienced different moods on the same day, you could use two or three colours on each number.

Step 3: At the end of the month, look back at your mood tracker. This will give you a visual representation of your moods throughout the month! Take a moment to reflect on your feelings and any patterns you notice.

Tips

Try to fill in your tracker daily for the best results.

Use this as a creative way to express your emotions!

Enjoy tracking your moods with your colourful mood tracker!

These resources are provided free of charge and are meant solely for personal use. They are not to be sold or distributed for financial gain in any way. While these tools can support your mental well-being, they are not a replacement for professional therapy.

Month: _____

Mood Tracker

Mood Key.

<input type="checkbox"/>	Happy	<input type="checkbox"/>	Angry	<input type="checkbox"/>	Worried	<input type="checkbox"/>	Stressed	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Sad	<input type="checkbox"/>	Anxious	<input type="checkbox"/>	Okay	<input type="checkbox"/>	Bored	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Tired	<input type="checkbox"/>	Good	<input type="checkbox"/>	Overwhelmed	<input type="checkbox"/>	Irritable	<input type="checkbox"/>		<input type="checkbox"/>	

