

The mood tracker is a tool designed to help you monitor and reflect on your emotional states. By using a colour-coding system, this tracker allows you to visualise your moods and gain insights into your emotional patterns. Use the key code to track your mood each day of the week.

Step 1: Assign colours to moods. For example:

Stressed: Red

Happy: Yellow

Anxious: Blue

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 box using the colours you assigned to your moods.

Step 3: At the end of each 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!

Mood Tracker *A Year in colour*

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
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Mood Key

Happy
Sad
Okay
Anxious
Stressed
Overwhelmed