

BIG FOOT

= Mood Tracker =

♡ Track your mood each day! ♡

MOOD KEY

- 😊 AMAZING
- 🙂 GOOD
- 😐 OKAY
- ☹️ HARD
- 😞 TOUGH
- ♡ SELF CARE DAY

Some days
are a little
hairy.
And that's
okay. ♡

You're
doing
great! ♡

Notes & Reflections: