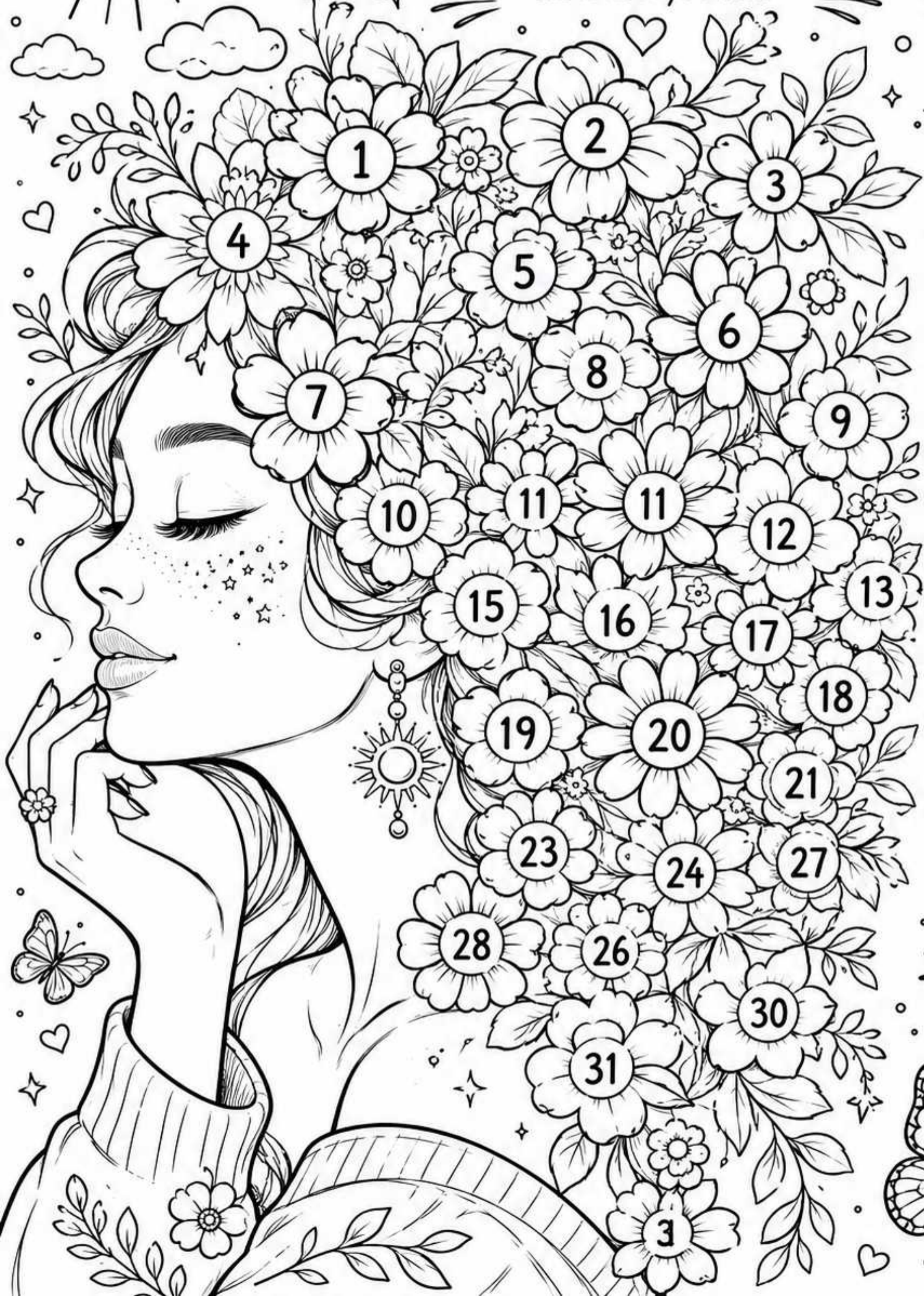


# Mood Tracker

Color the flower for each day to show how you felt.



## MOOD KEY

- Happy ♥
- Calm ♥
- Grateful ♥
- Excited ♥
- Peaceful ♥
- Tired ♥
- Anxious ♥
- Sad ♥
- Overwhelmed ♥
- Other \_\_\_\_\_

Every feeling is okay. Be gentle with yourself.

