

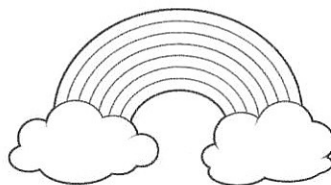
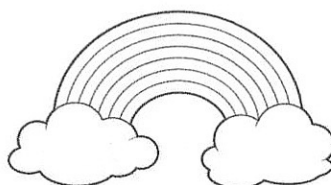
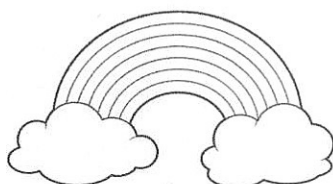
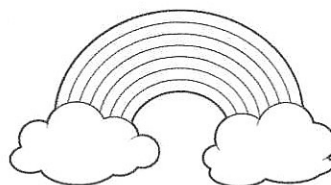
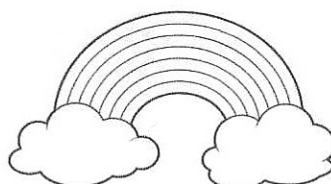
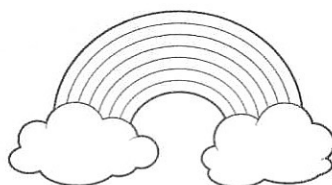
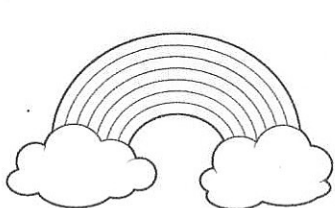
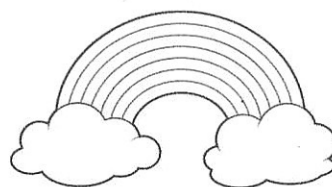
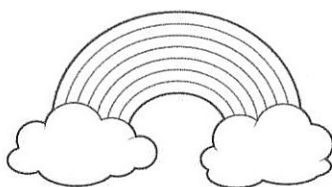
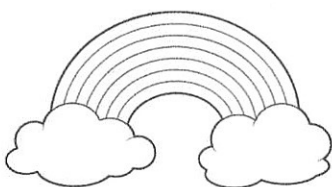
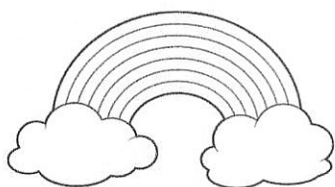
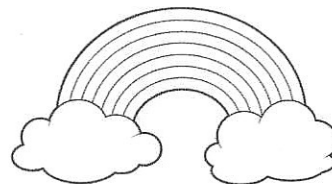
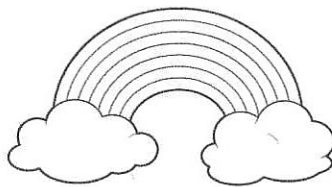
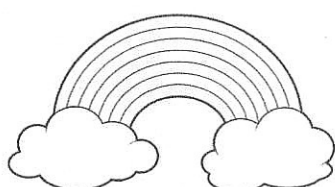
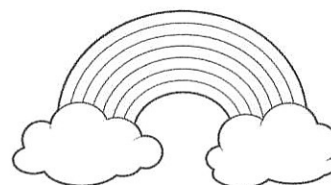
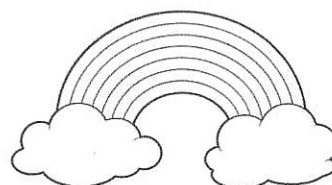
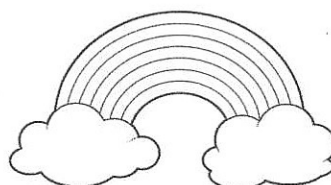
Mood Tracker

Example



Each section of the rainbow represents a day of the week

Log your mood for each day on to the rainbow below. Choose your colours for each mood - there's space for you to add extra moods and boxes for extra colours



Choose your 'mood' colours

Happy ☐

Excited ☐

☐☐

Sad ☐

Nervous ☐

☐☐