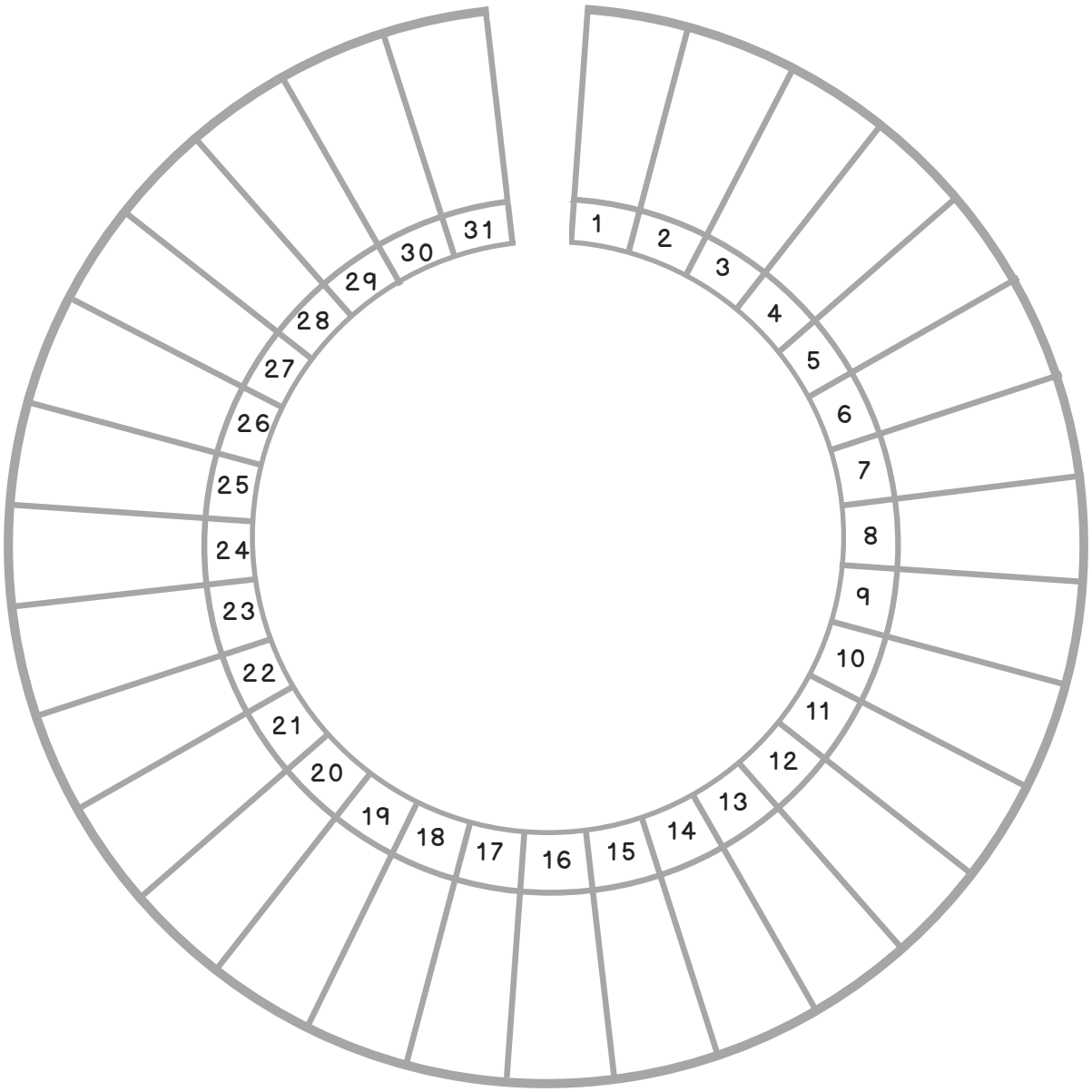
Mood

TRACKERS

Mood Tracker

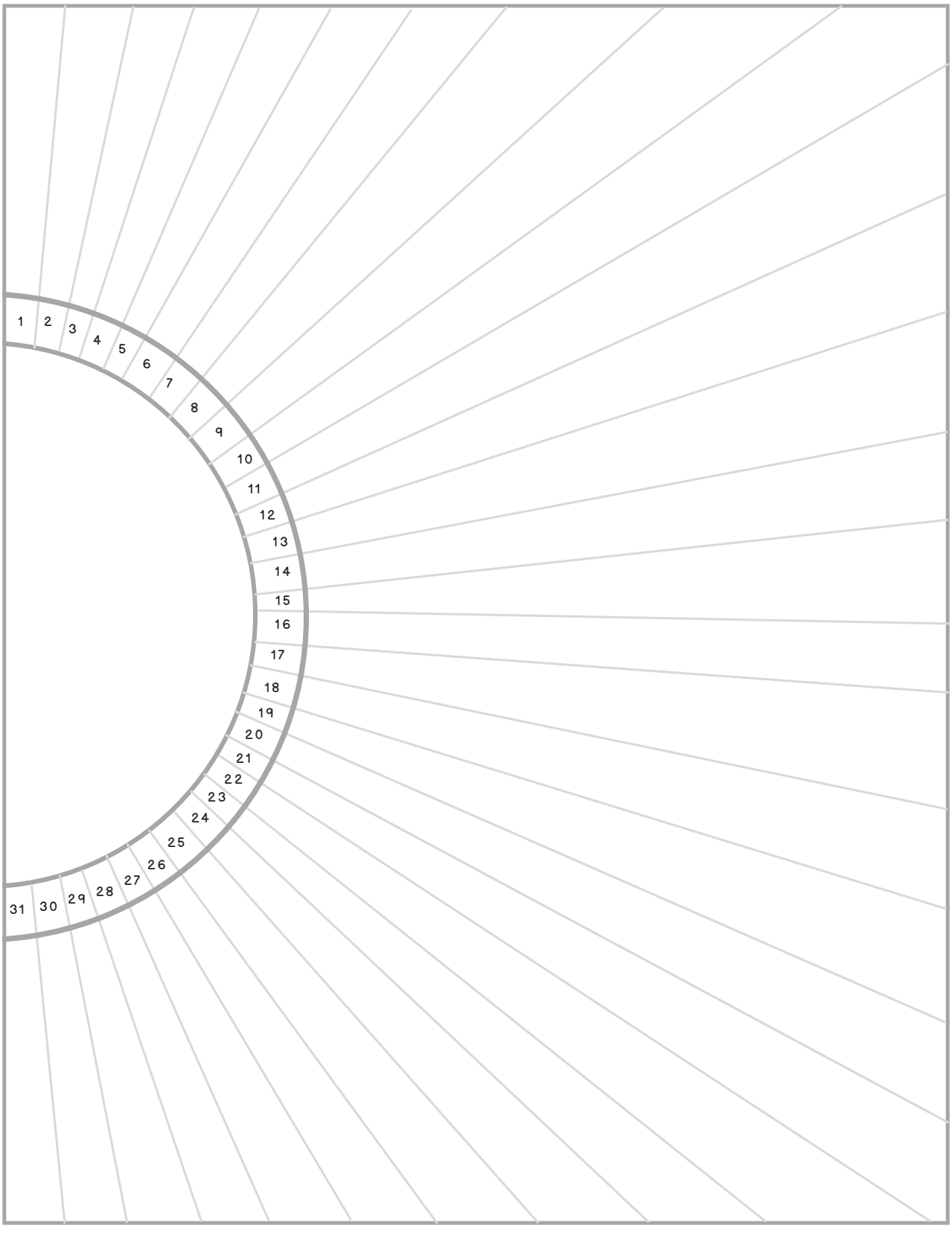
MONTH _____



NEUTRAL	TIRED	STRESSED	
GRUMPY	SICK	SAD	
RELAXED	HAPPY	ANGRY	

Mood Tracker

MONTH _____



NEUTRAL

GRUMPY

RELAXED

TIRED

SICK

HAPPY

STRESSED

SAD

ANGRY

Mood Tracker

MONTH _____

Mood Tracker

		J	F	M	A	M	J	J	A	A	O	N	D
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31													

NEUTRAL

GRUMPY

RELAXED

TIRED

SICK

HAPPY

STRESSED

SAD

ANGRY

NAME _____

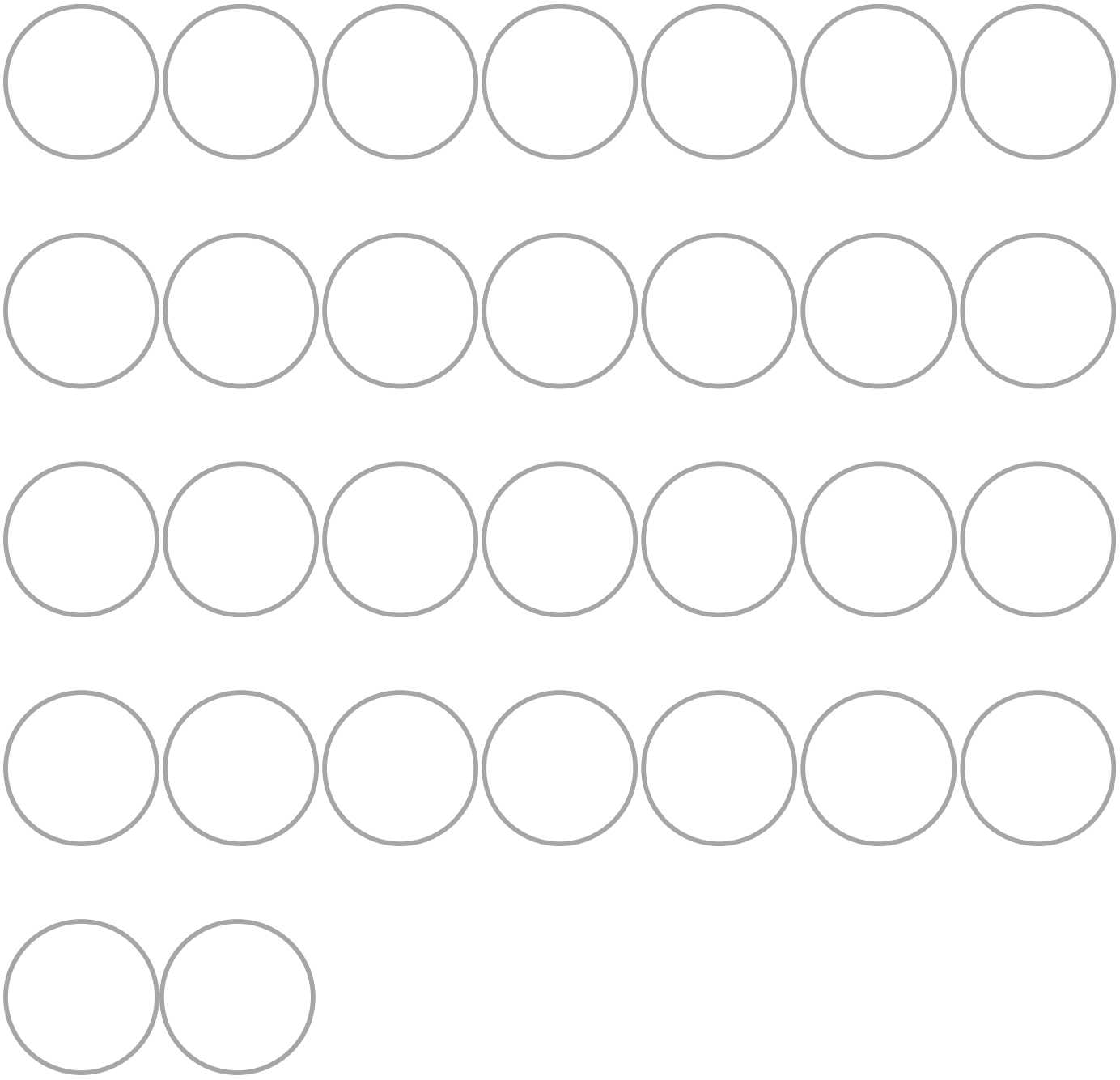
WEEK _____

Today I Felt

	MON	TUE	WED	THU	FRI	SAT	SUN

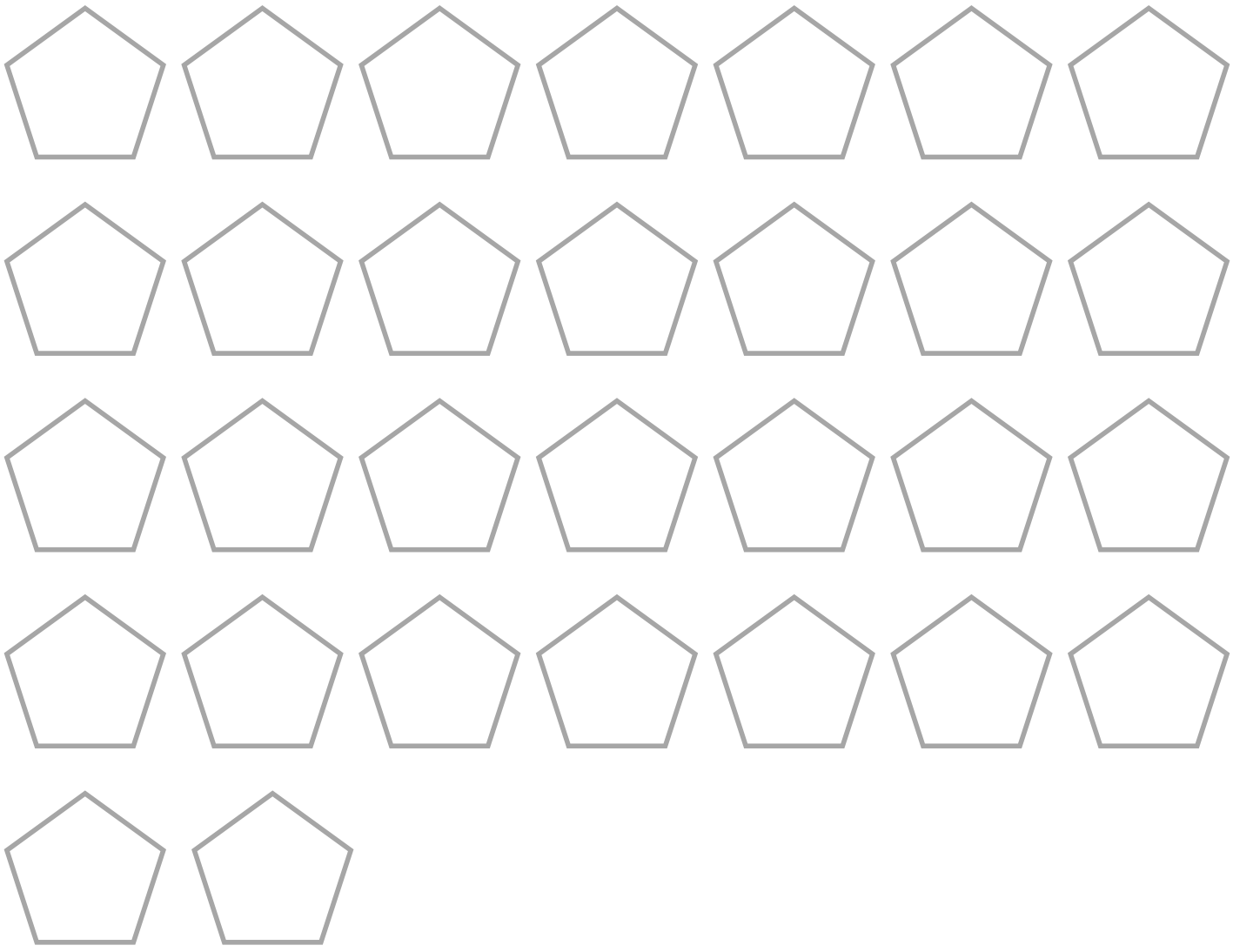
Mood Tracker

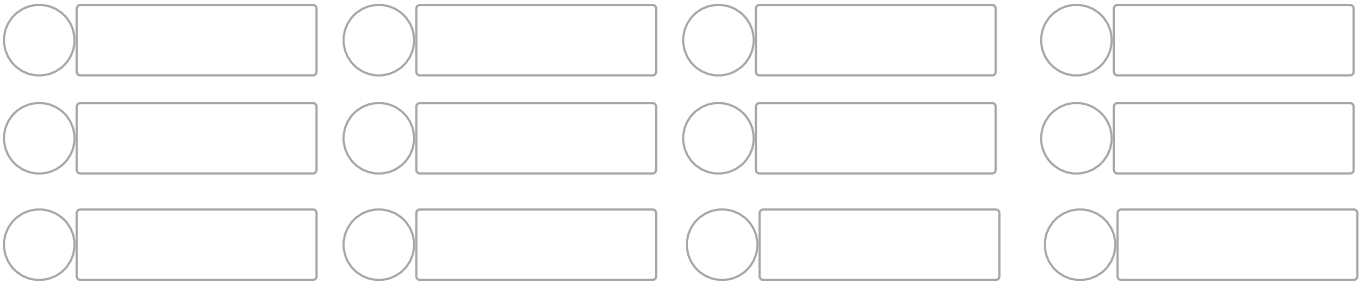
MONTH _____



Mood Tracker

MONTH _____





Mood Tracker

MONTH _____

Stress Tracker

MONTH _____

Anxiety Tracker

		J	F	M	A	M	J	J	A	A	O	N	D
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31													

NO ANXIETY

MILD ANXIETY

MODERATE ANXIETY

HIGH ANXIETY

SEVERE ANXIETY