



MOOD TRACKER

Use this mood tracker to keep track of how you feel every day. Print this sheet out. Colour in each "Mood Box" below and then colour in a box each day to track your mood over the month.

= AWESOME

= GOOD

= OKAY

= FEELING DOWN

= REALLY SAD

WEEK 1

M T W T F S S

AWESOME							
GOOD							
OKAY							
FEELING DOWN							
REALLY SAD							

WEEK 2

M T W T F S S

AWESOME							
GOOD							
OKAY							
FEELING DOWN							
REALLY SAD							

WEEK 3

M T W T F S S

AWESOME							
GOOD							
OKAY							
FEELING DOWN							
REALLY SAD							

WEEK 4

M T W T F S S

AWESOME							
GOOD							
OKAY							
FEELING DOWN							
REALLY SAD							