Monthly Mood Tracker

Select colors and fill in the chart based on your mood. Use light colors for happy moods and dark for sadder ones.

Month:______

Today I feel...

1. HAPPY, RELAXED
2. SAD, UPSET
3. AVERAGE, INDIFFERENT
4. SICK, TIRED
5. ENERGETIC, ACTIVE
6. ANGRY, ANXIOUS, FRUSTRATED
Yearly Mood Tracker

Select colors and fill in the chart based on your mood. Use light colors for happy moods and dark for sadder ones.

Year: ___________

Let's do this.

- [ ] HAPPY, RELAXED
- [ ] SAD, UPSET
- [ ] ENERGETIC, ACTIVE
- [ ] SICK, TIRED
- [ ] AVERAGE, INDIFFERENT
- [ ] ANGRY, ANXIOUS, FRUSTRATED