

[Make a copy
of the mood
tracker](#)



My Mood Tracker

 Worried

 Bored

 Happy

 Mad

 Relaxed

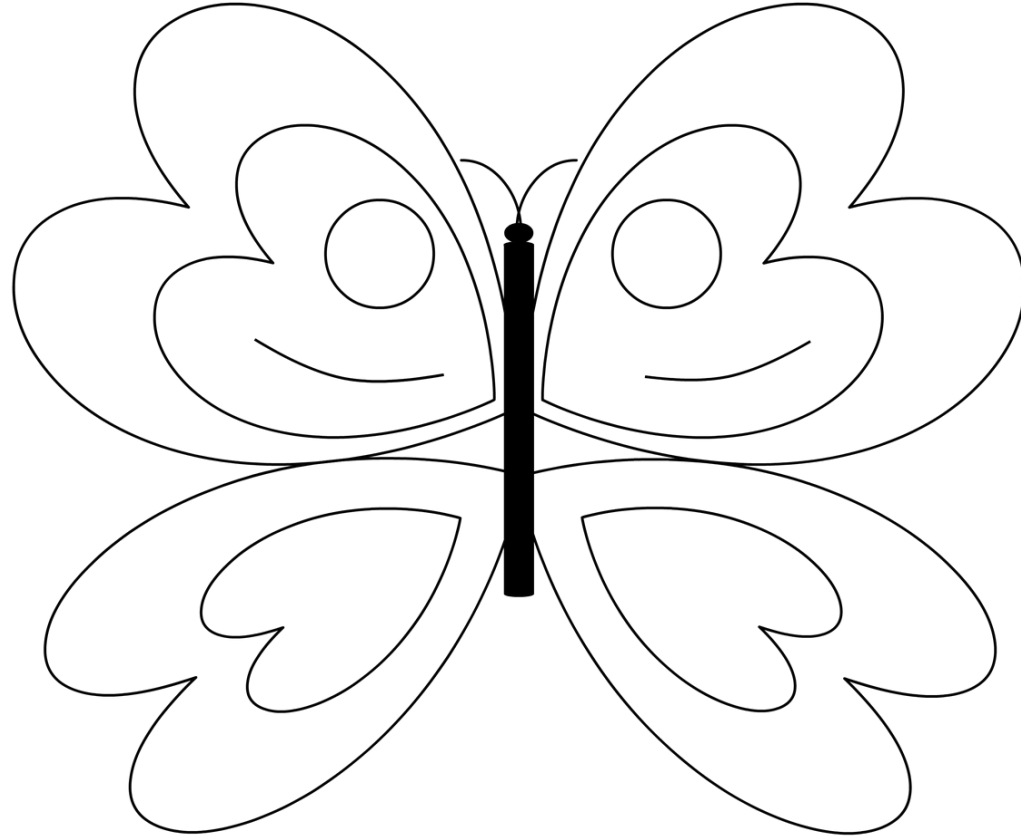
 Excited

 Sad

How am I feeling today?

Today's Date:

-  Mad
-  Happy
-  Sad
-  Excited
-  Worried
-  Bored
-  Relaxed

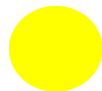


How am I feeling today?

Today's Date:



Mad



Happy



Sad



Excited



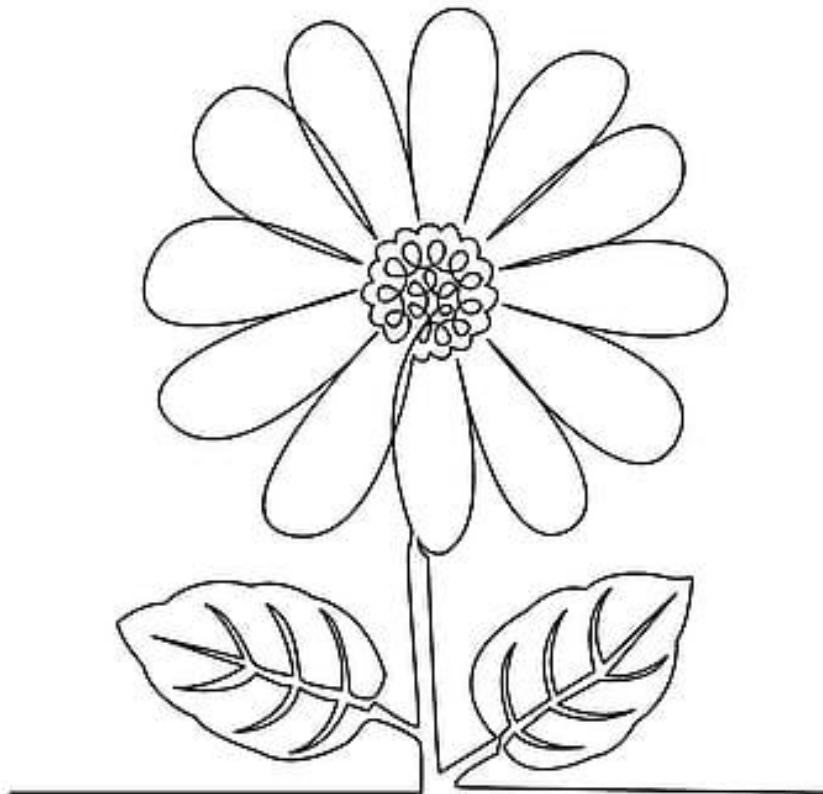
Worried



Bored



Relaxed

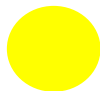


How am I feeling today?

Today's Date:



Mad



Happy



Sad



Excited



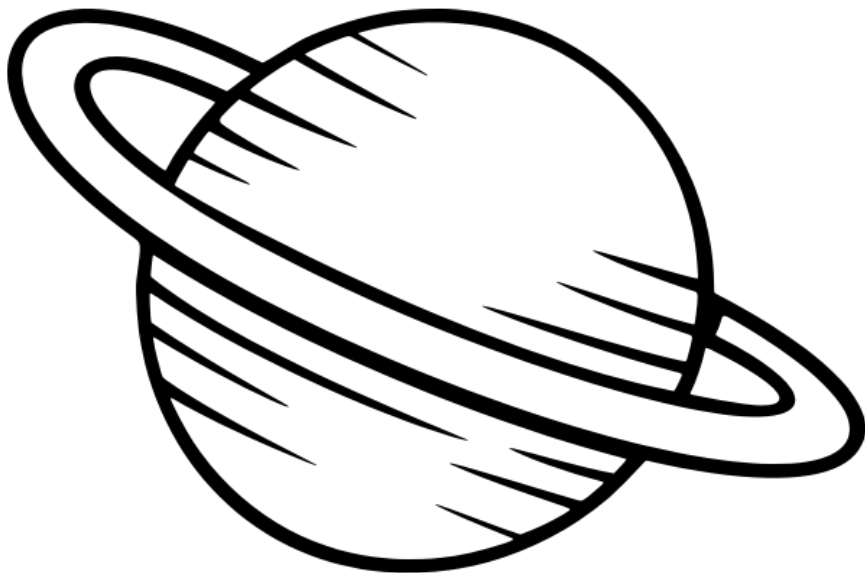
Worried



Bored



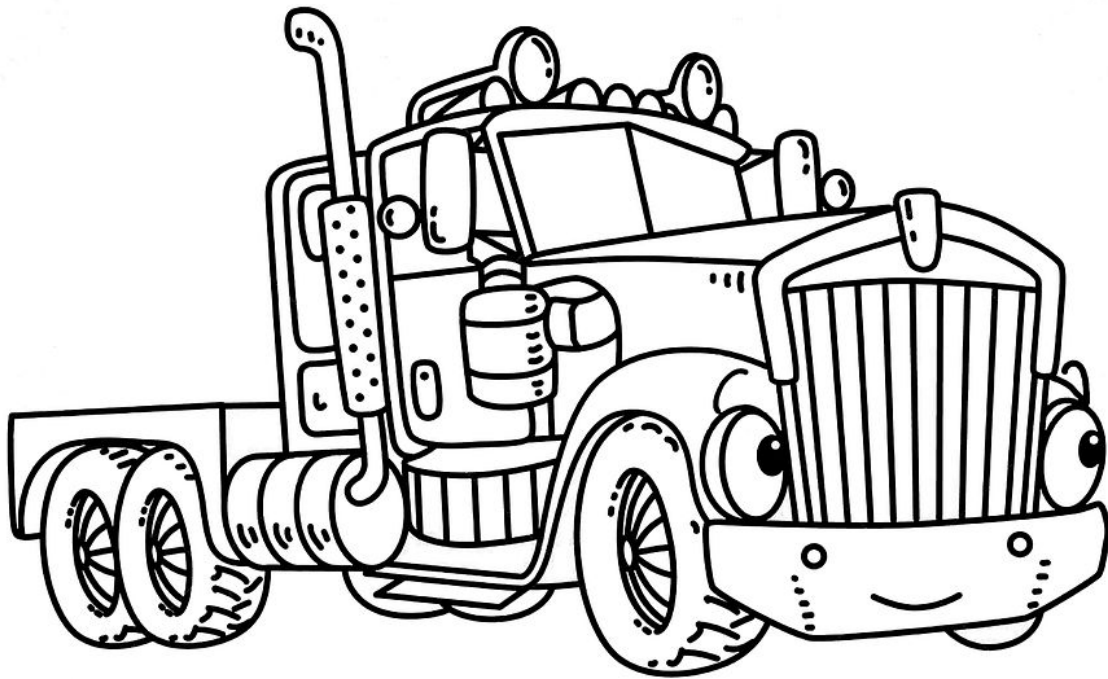
Relaxed



How am I feeling today?

Today's Date: _____

-  Mad
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-  Sad
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-  Relaxed

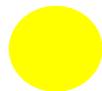


How am I feeling today?

Today's Date:



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Sad



Excited



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Relaxed

