

## WEEKLY MOOD TRACKER

## How I felt this week

*One line a day: how you felt, and a few words on why. Read it back on Sunday.*

**MOOD SCALE**   awful · bad · okay · good · great

| Day       | Mood  | Note  |
|-----------|-------|-------|
| Monday    | <hr/> | <hr/> |
| Tuesday   | <hr/> | <hr/> |
| Wednesday | <hr/> | <hr/> |
| Thursday  | <hr/> | <hr/> |
| Friday    | <hr/> | <hr/> |
| Saturday  | <hr/> | <hr/> |
| Sunday    | <hr/> | <hr/> |