

# 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 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

HAPPY, RELAXED

SAD, UPSET

AVERAGE,  
INDIFFERENT

SICK, TIRED

ENERGETIC,  
ACTIVE

ANGRY, ANXIOUS,  
FRUSTRATED