

MONTHLY MOOD TRACKER

Month: _____

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				

COLOR KEY

☐	AMAZING
☐	HAPPY
☐	PRODUCTIVE
☐	OKAY / NEUTRAL
☐	TIRED
☐	STRESSED
☐	SAD / LOW

MONTHLY REFLECTIONS & PATTERNS
