

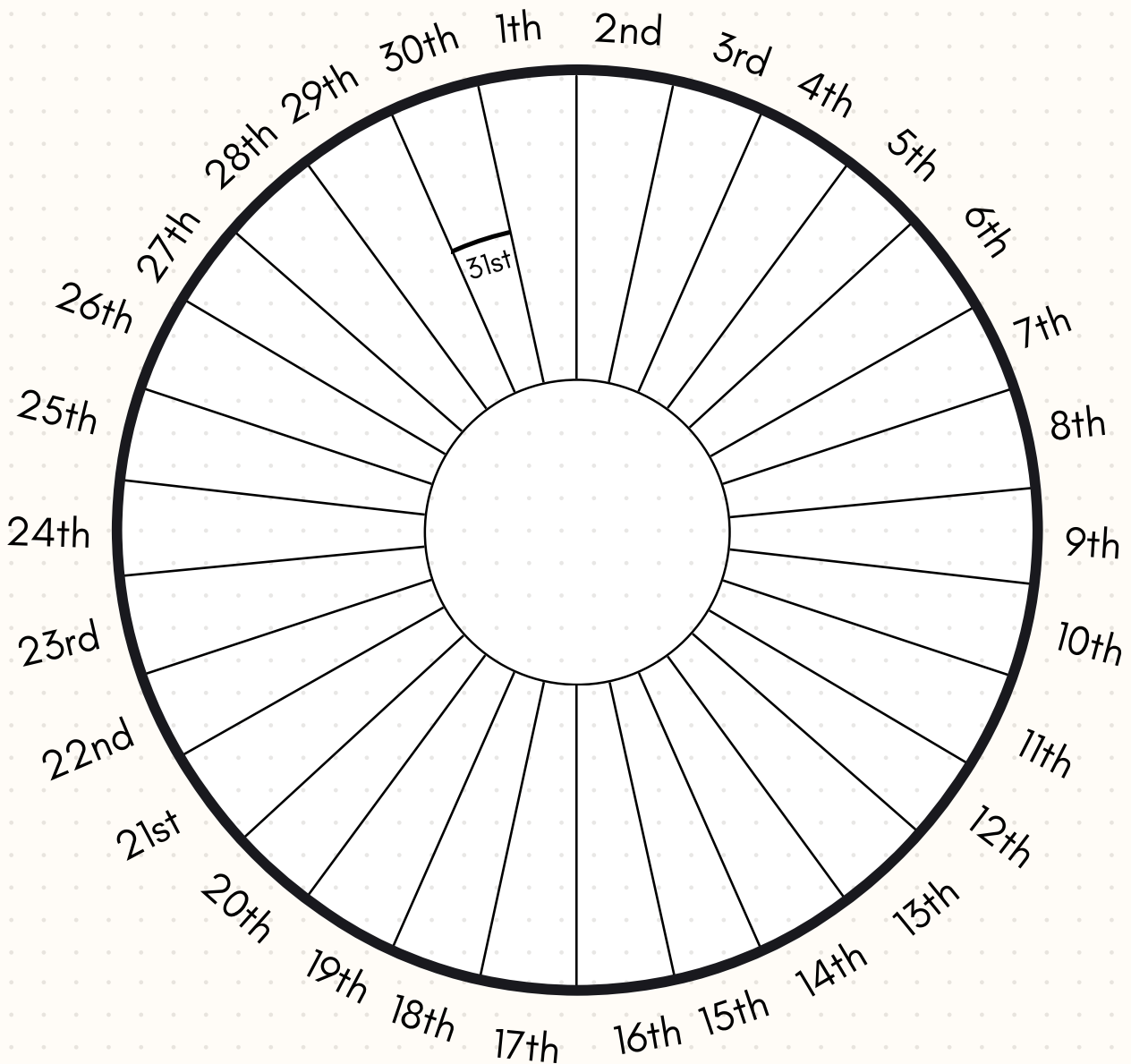
Emotion tracker

Reflect on how you're feeling and get a picture of what your mood is like over a month.

Key

<input type="checkbox"/>	-----	<input type="checkbox"/>	-----
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Month



How to use the mood tracker

- 1 Decide which emotions you would like to track. e.g. angry, happy, sad etc.
- 2 Colour in the key boxes with the colour or pattern that represents that emotion.
- 3 At the end of the day, reflect on which emotions felt strongest and colour the day with the corresponding emotion. Some days you may want to put more than one colour!