

# Monthly Mood Tracker

planners

Month: \_\_\_\_\_

PW

PW

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## Monthly Mood Tracker

Colour each day using the mood key below.

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				

### Mood key

 Happy  Calm  Tired  Anxious  Sad

PW

PW

PW

PW

PW

PW

PW