

MONTHLY MOOD TRACKER

Based on how you feel, color in the days according to your key, and remember to reflect after each week!

ONE GOOD THING	M	T	W	T	F	S	S

MY COLOR KEY

great

good

okay

bad

This month is: _____

Pick four colors to use throughout the mood tracker, and fill in the key with your colors. Take time to reflect every day and find something good about each week!

