

MOOD TRACKER Month: JANUARY (EXAMPLE TRACKER)

		<i>MOOD TRACKER Month: JANUARY (EXAMPLE TRACKER)</i>													
	Day of month	1	2	3	4	5	6	7	8	9	10	11	12	13	14
S	10														
T	9														
R	8														
E	7														
S	6														
S	5														
L	4														
E	3														
V	2														
E	1														
L	0														
Make Notes: (monthly hormones, stresses, life events etc)		Monthly period	period pain	worked late		argument with partner	Lack of sleep			Exercise		Met with a friend		Completed a project	
Emotions (use colours or emoji's)	Angry	Sad	Frustrated	Depressed	Happy	Joyful	High spirits	Uplifted							