

# Mood Tracker

| Day          | Mood (scale 1-10) | Things affecting mood |
|--------------|-------------------|-----------------------|
| Pink         |                   |                       |
| Light Orange |                   |                       |
| Yellow       |                   |                       |
| Light Green  |                   |                       |
| Light Cyan   |                   |                       |
| Light Blue   |                   |                       |
| Light Purple |                   |                       |
| Pink         |                   |                       |
| Light Orange |                   |                       |
| Yellow       |                   |                       |
| Light Green  |                   |                       |
| Light Cyan   |                   |                       |
| Light Blue   |                   |                       |
| Light Purple |                   |                       |