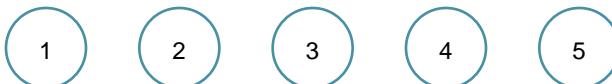


Weekly Mood Tracker

Week of: _____

Monday



Notes: _____

Tuesday



Notes: _____

Wednesday



Notes: _____

Thursday



Notes: _____

Friday



Notes: _____

Saturday



Notes: _____

Sunday



Notes: _____

Scale: 1 = Rough | 2 = Low | 3 = Okay | 4 = Good | 5 = Amazing

Weekly Summary

Overall mood this week: _____

What went well: _____

What to improve: _____