

# Weekly Mood Tracker

Week of: \_\_\_\_\_

**Monday**

1	2	3	4	5
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Notes: \_\_\_\_\_

**Tuesday**

1	2	3	4	5
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Notes: \_\_\_\_\_

**Wednesday**

1	2	3	4	5
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Notes: \_\_\_\_\_

**Thursday**

1	2	3	4	5
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Notes: \_\_\_\_\_

**Friday**

1	2	3	4	5
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Notes: \_\_\_\_\_

**Saturday**

1	2	3	4	5
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Notes: \_\_\_\_\_

**Sunday**

1	2	3	4	5
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Notes: \_\_\_\_\_

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

## Weekly Summary

Overall mood this week: \_\_\_\_\_

What went well: \_\_\_\_\_

What to improve: \_\_\_\_\_