

MONTHLY MOOD TRACKER

We don't always feel our best every day—and that's okay. Use this monthly tracker to keep track of your mood and help you determine which activities cause certain emotions and feelings to manifest within you.

Directions

1. Print out the mood tracker below on recycled paper.
2. Choose a color for each mood and color in the corresponding box to use as your key.
3. Each morning, check in with yourself and determine how you're feeling in the moment. Record your mood by filling in the box for each day of the month with the corresponding mood color.
4. At the end of the day, do another check-in with yourself and record your mood to see if you feel more energized or happy after a day of movement and mindfulness.
5. Keep note of what elevates your mood, what helps keep you balanced and what triggers negative feelings in the reflection box below.

KEY:

- Happy, joyful, relaxed, excited Neutral, good, average, okay Depressed, sad, anxious, angry
- Calm, refreshed, peaceful, content Tired, lazy, bored, unmotivated

The mood tracker is a circular chart with a light blue outer ring. The top of the ring is labeled "MOOD TRACKER". The outer ring is divided into 31 segments, numbered 1 through 31, representing the days of the month. The inner ring is divided into two sections: "AM" and "PM". The center of the chart contains a white circle with the text "In this moment, I feel...".



MONTHLY MOOD TRACKER (cont.)

I felt a boost in my mood when I...

I felt a drop in my mood when I...

	I felt a boost in my mood when I...	I felt a drop in my mood when I...
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		
DAY 8		
DAY 9		
DAY 10		
DAY 11		
DAY 12		
DAY 13		
DAY 14		
DAY 15		
DAY 16		
DAY 17		
DAY 18		
DAY 19		
DAY 20		
DAY 21		
DAY 22		
DAY 23		
DAY 24		
DAY 25		
DAY 26		
DAY 27		
DAY 28		
DAY 29		
DAY 30		
DAY 31		