



GirlDreamer

HEALTH & WELLBEING

MONTHLY MOOD TRACKER

Monitoring something in your life is the best way to notice any recurring patterns which may help you to understand yourself better. Throughout the day, we can go through a range of different emotions which can be caused by a range of different triggers and by tracking and recording them, we have more control over our days.

On the next page, use the key provided as a starting point to track your emotions. At the end of each day, pick a bubble and colour that in accordance with how you felt that day. I.e if you felt happy that day and yellow is your key colour for happiness, pick a bubble and make it yellow.

MONTHLY
MOOD
TRACKER

- RELAXED
- HAPPY
- EXCITED
- OVERLWHELMED
- SAD
- ANGRY
- ANXIOUS

