

Monthly Mood Tracker

Month: _____

COLOUR KEY — COLOUR EACH DAY WITH ITS DOMINANT MOOD

Positive	Happy	Excited	Grateful	Bright	Cheeky	Loved	Surprised	Calm
Neutral	Tired	Bored	Confused					
Intense	Sad	Worried	Scared	Frustrated	Angry			
Low	Melancholy	Lonely						

Day	Morning	Afternoon	Evening	Note
1	☐	☐	☐	
2	☐	☐	☐	
3	☐	☐	☐	
4	☐	☐	☐	
5	☐	☐	☐	
6	☐	☐	☐	
7	☐	☐	☐	
8	☐	☐	☐	
9	☐	☐	☐	
10	☐	☐	☐	
11	☐	☐	☐	
12	☐	☐	☐	
13	☐	☐	☐	
14	☐	☐	☐	
15	☐	☐	☐	
16	☐	☐	☐	
17	☐	☐	☐	
18	☐	☐	☐	
19	☐	☐	☐	
20	☐	☐	☐	
21	☐	☐	☐	
22	☐	☐	☐	
23	☐	☐	☐	
24	☐	☐	☐	
25	☐	☐	☐	
26	☐	☐	☐	
27	☐	☐	☐	
28	☐	☐	☐	
29	☐	☐	☐	
30	☐	☐	☐	
31	☐	☐	☐	