



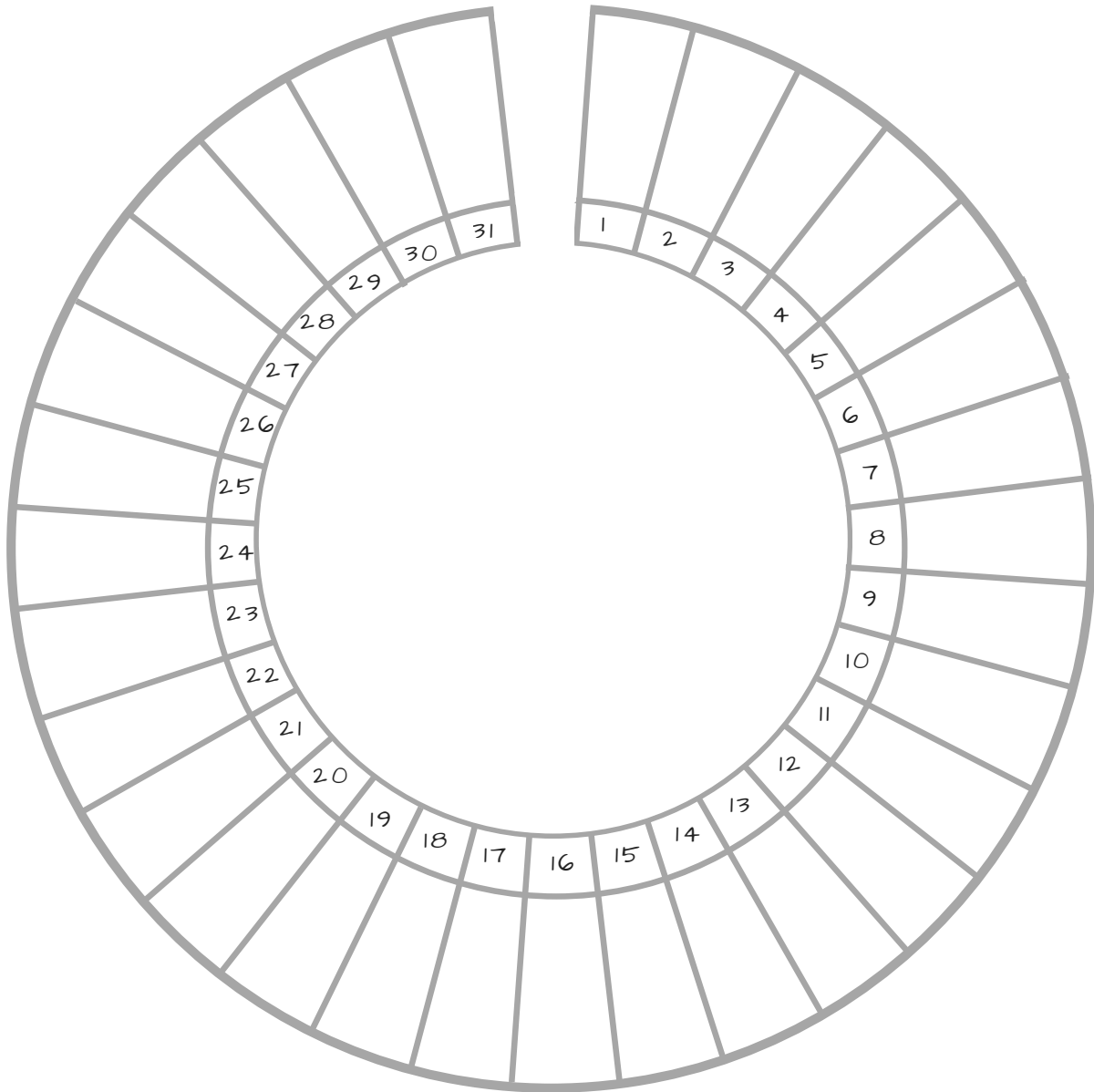
Mood TRACKERS

Betta
INSIGHT



Mood Tracker

MONTH _____



NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY

PICK YOUR FAV COLOURS TO REPRESENT YOUR MOOD!

Mood Tracker

MONTH _____

A circular diagram, likely a sundial or a similar astronomical instrument, featuring 31 numbered segments arranged in a semi-circle. The segments are numbered 1 through 31, starting from the top left and moving clockwise. The numbers are printed in a small, black, sans-serif font. The segments are separated by thin, light gray lines. The entire diagram is set against a background of light gray lines that radiate from the center of the circle towards the outer edge, creating a sunburst effect. The numbers are positioned within each segment, and the segments are of equal width. The overall design is clean and minimalist, with a focus on the numerical sequence and the radial lines.

NEUTRAL

--

GRUMPY

RELAXED

--

TIRED

SICK

--

HAPPY

STRESSED

SAD

--

ANGRY

PICK YOUR FAV COLOUR TO REPRESENT YOUR MOOD!

Mood Tracker

MONTH _____



COUNT YOUR COLOURS TO SEE YOUR MOST COMMON MOOD!

Mood Tracker

		J	F	M	A	M	J	J	A	A	O	N	D
1													
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3													
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31													

NEUTRAL

GRUMPY

RELAXED

TIRED

SICK

HAPPY

STRESSED

SAD

ANGRY

NAME _____

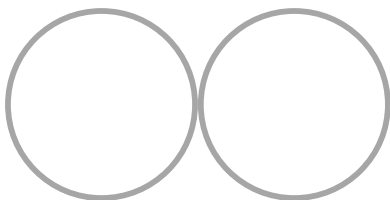
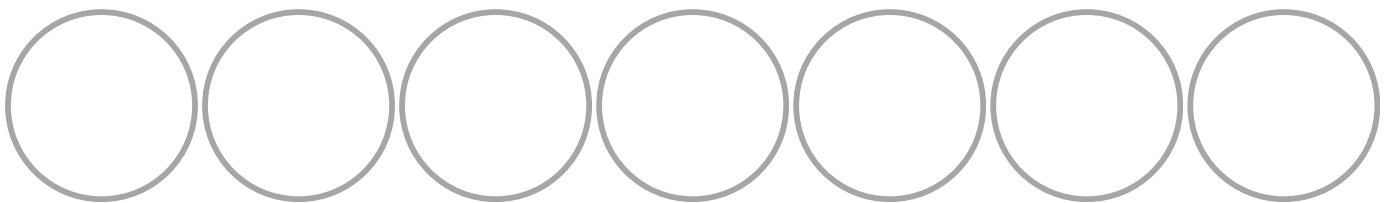
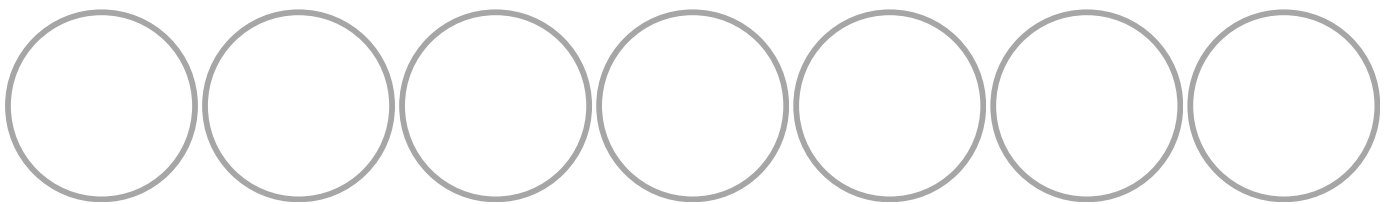
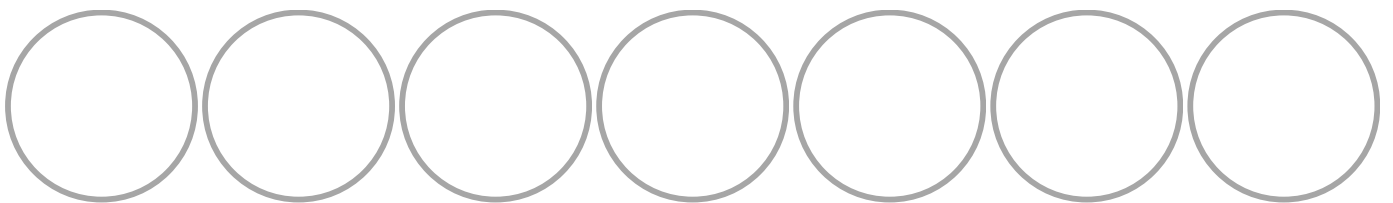
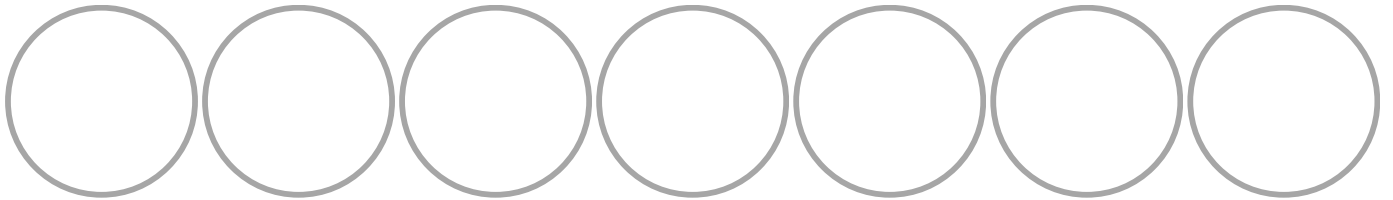
WEEK _____

Today I Felt

	MON	TUE	WED	THU	FRI	SAT	SUN
							
							
							
							
							
							
							
							
							
							
							

Mood Tracker

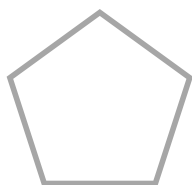
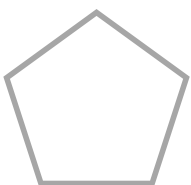
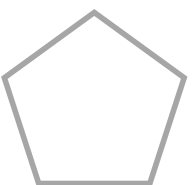
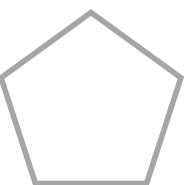
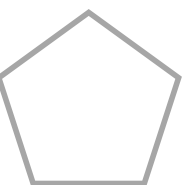
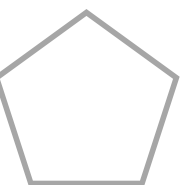
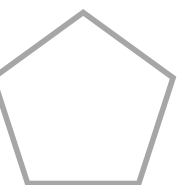
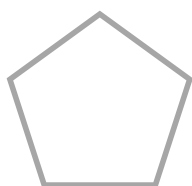
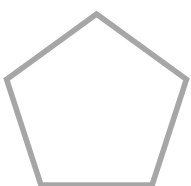
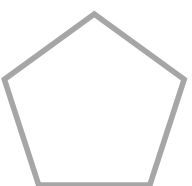
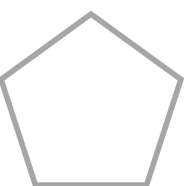
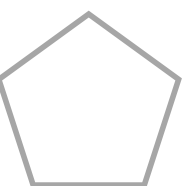
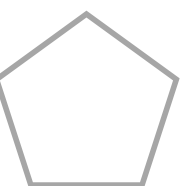
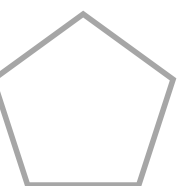
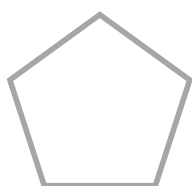
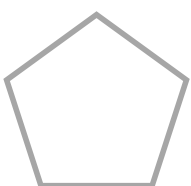
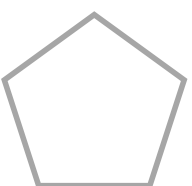
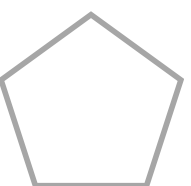
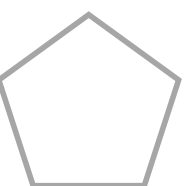
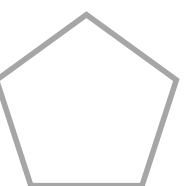
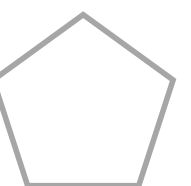
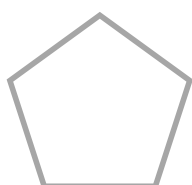
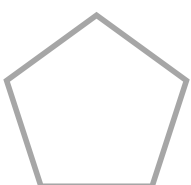
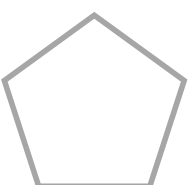
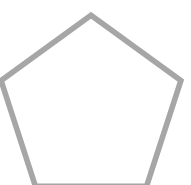
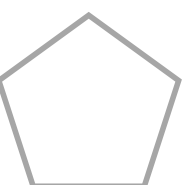
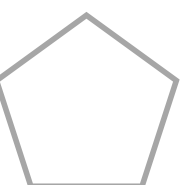
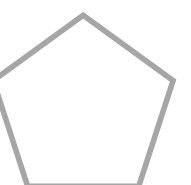
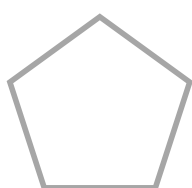
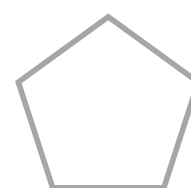
MONTH _____



☐		☐		☐		☐	
☐		☐		☐		☐	
☐		☐		☐		☐	

Mood Tracker

MONTH _____

Mood Tracker

MONTH _____



☐		☐		☐		☐	
☐		☐		☐		☐	
☐		☐		☐		☐	

Stress Tracker

MONTH _____

Anxiety Tracker

		J	F	M	A	M	J	J	A	A	O	N	D		
1														NO ANXIETY	
2														MILD ANXIETY	
3															
4															
5														MODERATE ANXIETY	
6															
7															
8														HIGH ANXIETY	
9															
10															
11														SEVERE ANXIETY	
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