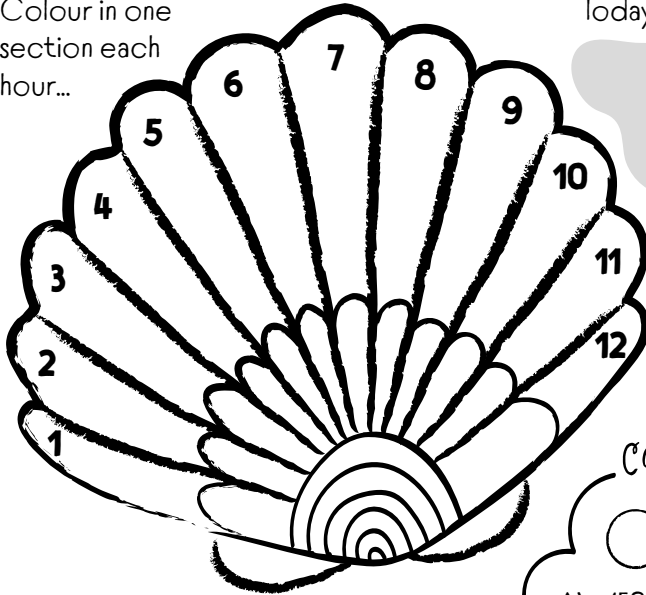


1 DAY MOOD TRACKER

Colour in one
section each
hour...

Today is...

DAY/DATE



COLOUR KEY:

AWESOME

Good

OK

Not good

RUBBISH

SOMETHING THAT WENT
WELL TODAY...

SOMETHING I'M GRATEFUL
FOR TODAY...