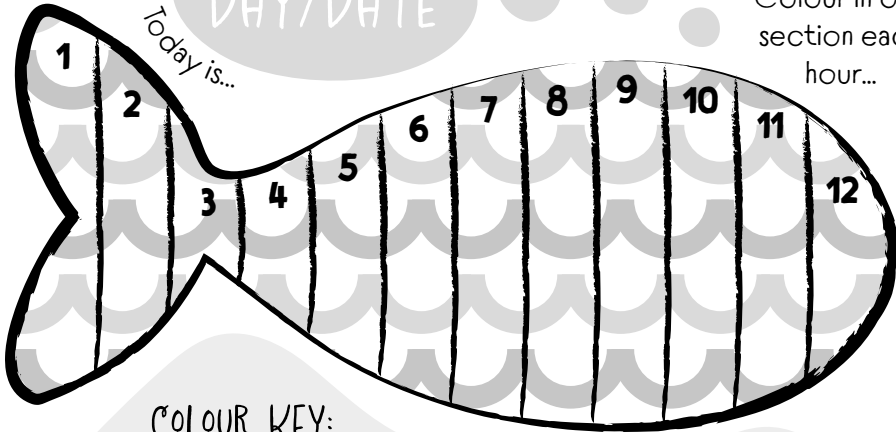


1 DAY MOOD TRACKER

DAY/DATE

Today is...

Colour in one section each hour...



COLOUR KEY:



AWESOME



Good



OK



Not good



RUBBISH

MY FAVOURITE ACTIVITY
TODAY WAS...

THE BEST THING I LEARNED
TODAY WAS...