

MOOD ⚡ TRACKER

Taking note and being aware of your moods can help you manage them better. The more aware you are, the better you can determine better lifestyle choices, make informed health decisions, and prevent triggers.



	SUN	MON	TUES	WED	THURS	FRI	SAT
Early Morning							
Morning							
Afternoon							
Evening							
Night							

	MON	TUES	WED	THURS	FRI	SAT	SUN
Early Morning							
Morning							
Afternoon							
Evening							
Night							

Possible Moods to Track: Happy, Sad, Excited, Angry, Grateful, Frustrated, Cheerful, Nervous, Proud, Irritated, Depressed, Guilty, Calm, Lonely, Worried, Stressed, Hurt, Content, Etc.

What were your recurring moods this week?



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



@themindnation



www.themindnation.com



hello@themindnation.com