Mood tracker

One box a day. Pick a colour for each mood, colour today's box, and look at the whole month at the end.

Month _____

☐ Great ☐ Good ☐ Okay ☐ Low ☐ Hard day

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				

Count the colours at the end of the month.
Which one did you see most?

What lifted my mood

What pulled it down

Free printable from domahan.com/printables - personal and classroom use