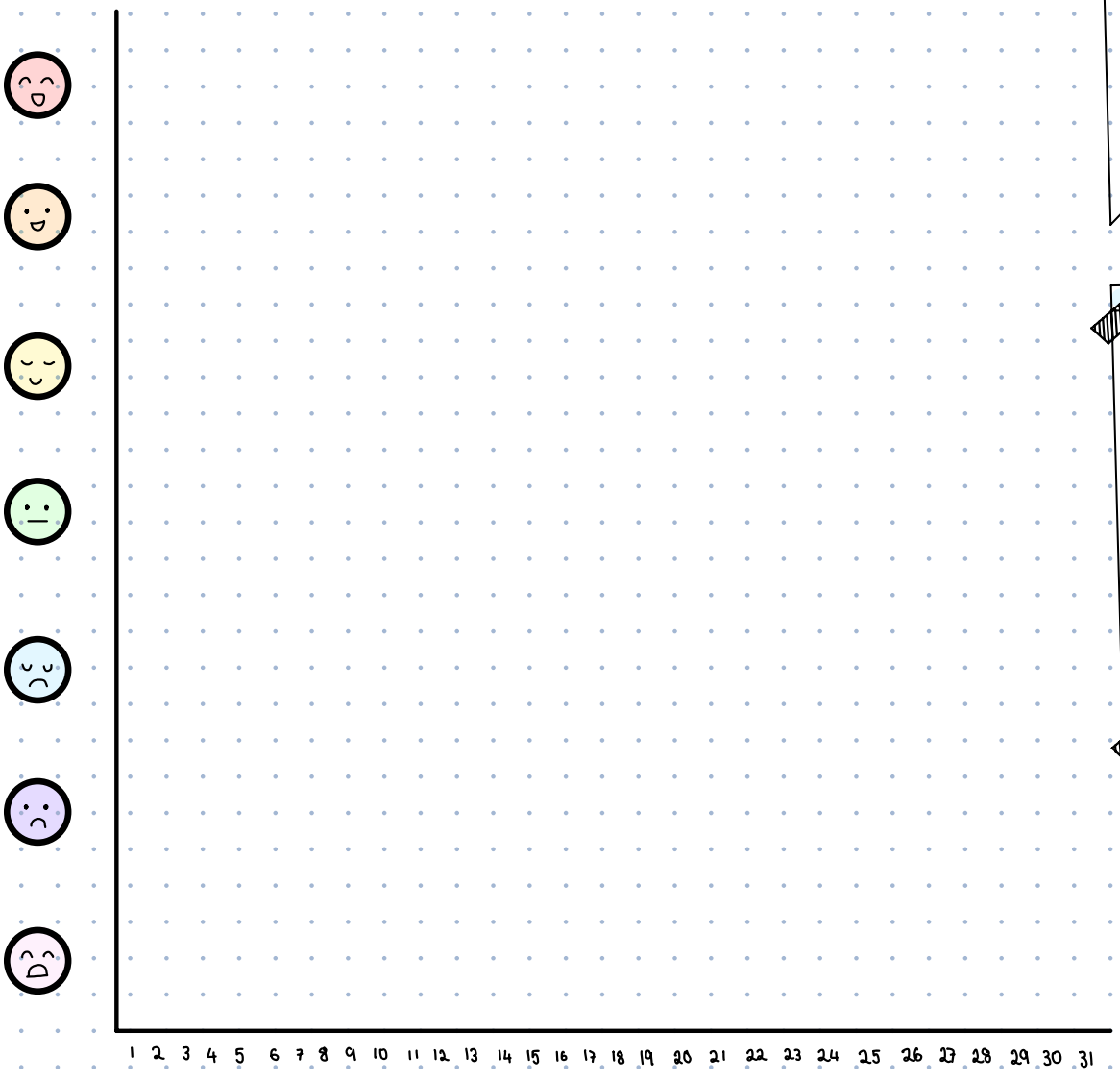
mood tracker

MONTH:



NOTES:

GOALS:

REFLECTIONS: