

Mood Tracker

Month:

The mood tracker consists of a grid with 31 numbered, irregular shapes arranged in a roughly chronological order from top-right to bottom-left. Each shape is intended for a daily mood entry. The numbers are: 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.

KEY:

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