

# DAILY MOOD TRACKER.

Date \_\_\_\_\_

- Sad
- mad
- Angry
- Depressed
- Happy
- Joyus
- Excited
- Playfull
- moody
- im gonna scream
- im gonna cry
- NOTHING

## Energy


## Quote

\_\_\_\_\_

\_\_\_\_\_

## 2 Thing to Do or goals

\_\_\_\_\_

\_\_\_\_\_

## 1 Thing in greatfull for today

\_\_\_\_\_

\_\_\_\_\_

how many hrs of sleep?

hrs  
can I make tomorrow better?

- yes!!!
- NO!!!
- maBye2.