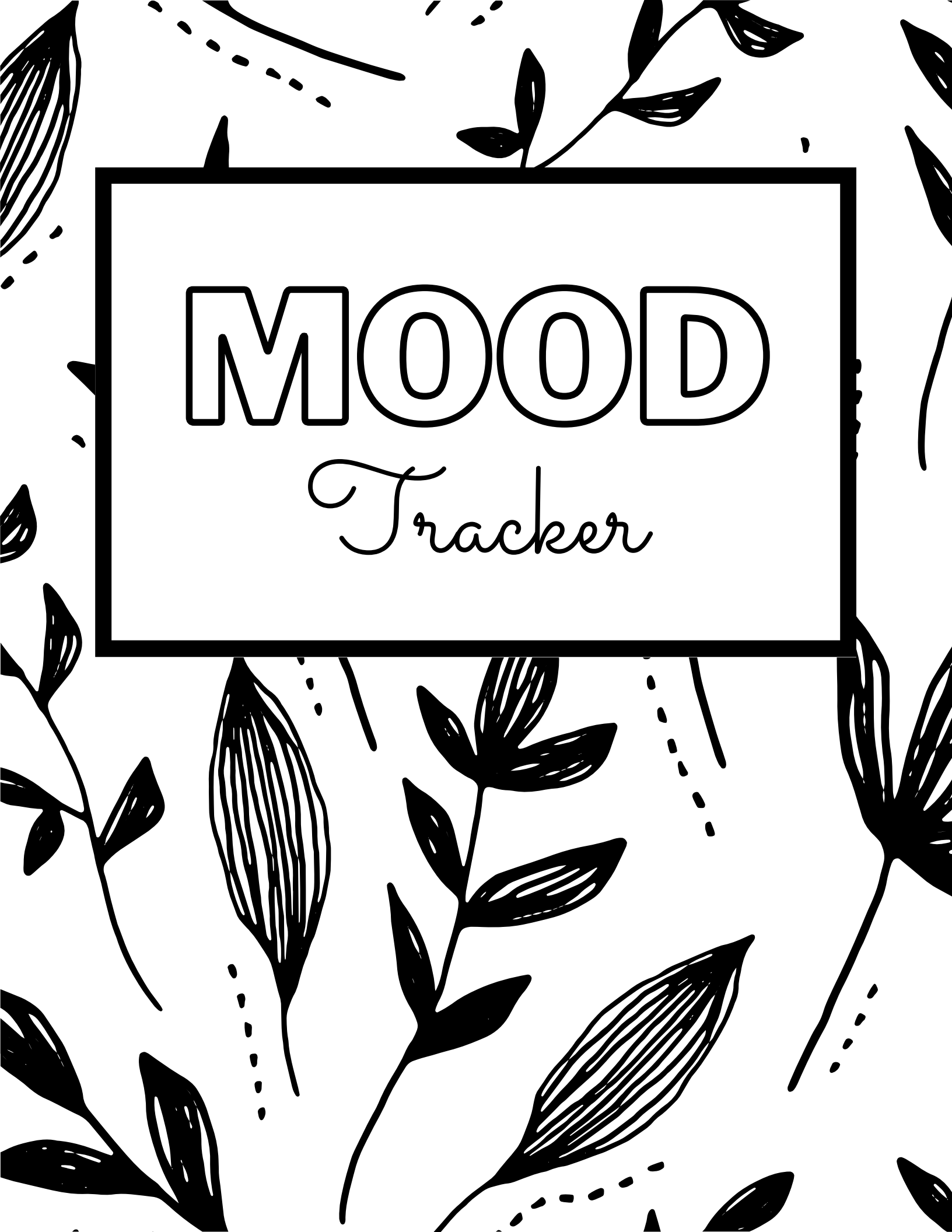
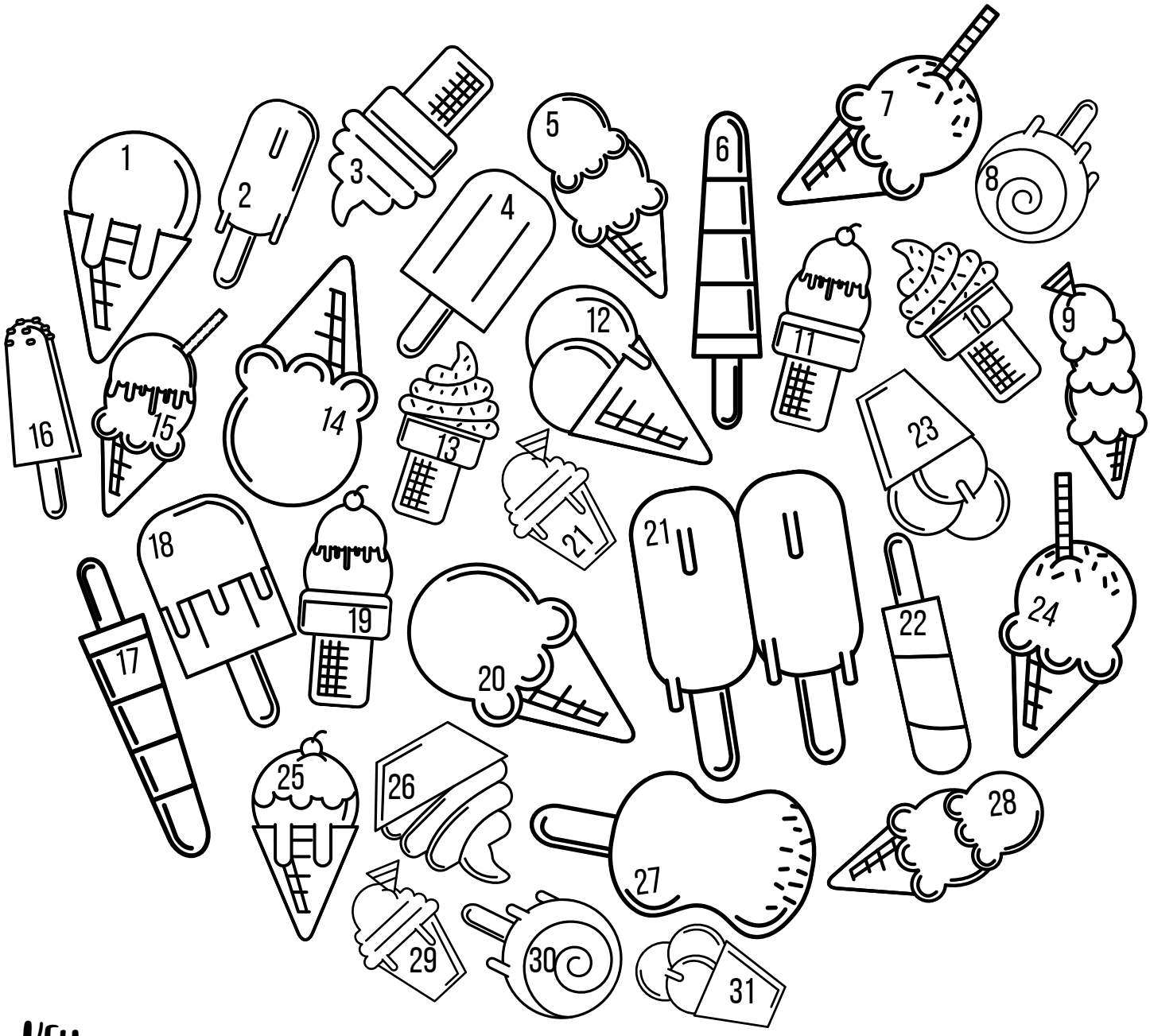

MOOD
Tracker

Mood Tracker

MONTH:



KEY:

HAPPY / ELATED

SAD / DEPRESSED

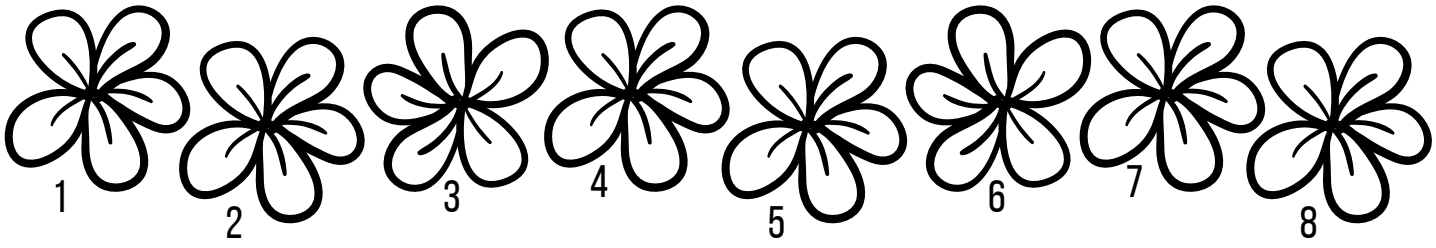
NEUTRAL

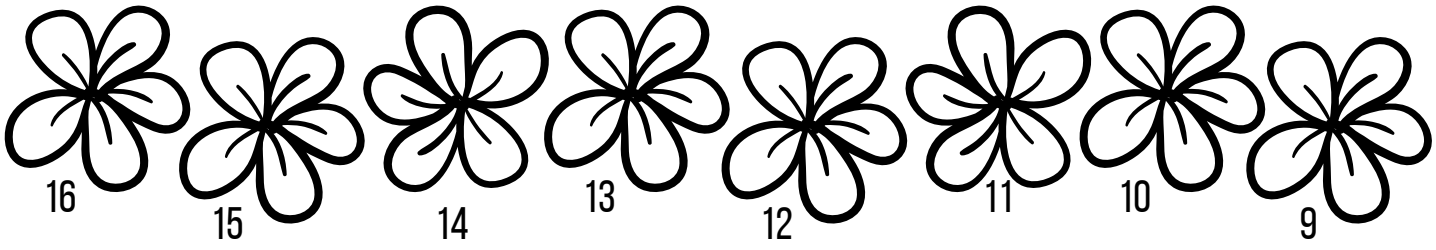
ENERGETIC

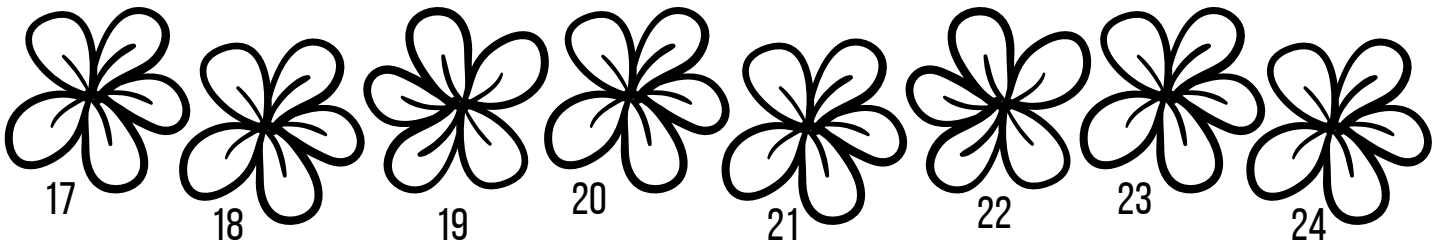
MAD / FRUSTRATED

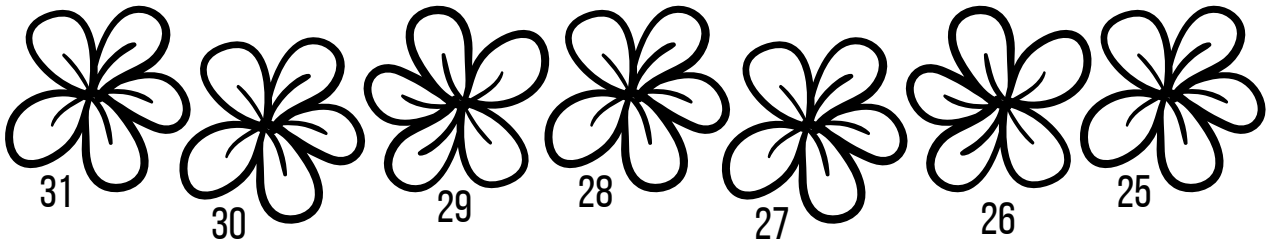
Mood Tracker

MONTH:









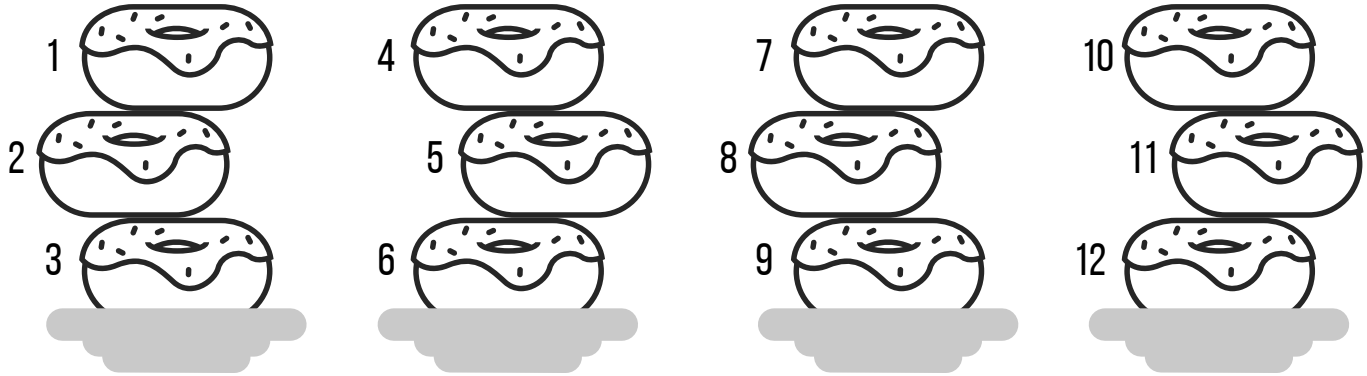
KEY:

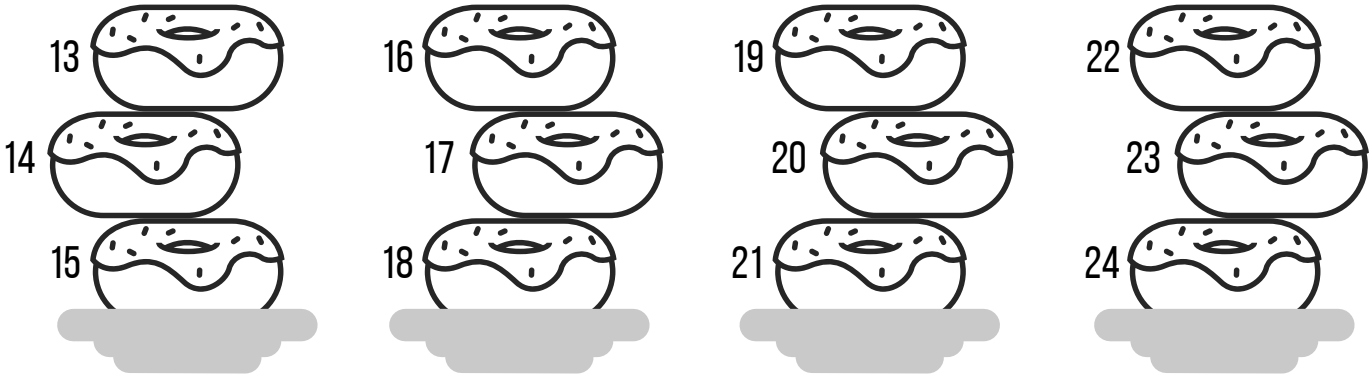


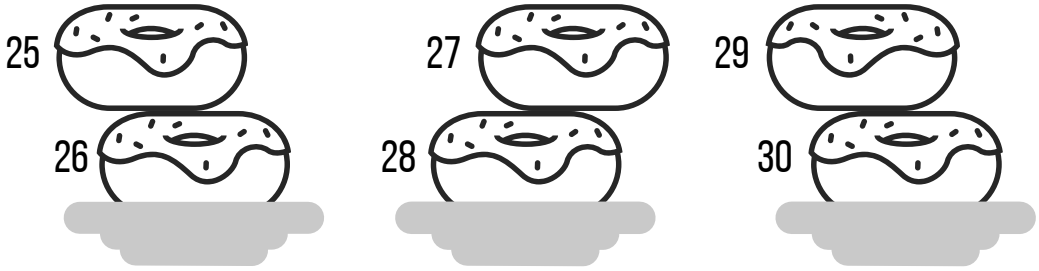
HAPPY / ELATED | SAD / DEPRESSED | NEUTRAL | ENERGETIC | MAD / FRUSTRATED

Mood Tracker

MONTH:







KEY:



HAPPY / ELATED | SAD / DEPRESSED | NEUTRAL | ENERGETIC | MAD / FRUSTRATED

Mood Tracker

MONTH:

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:

 HAPPY / ELATED

 SAD / DEPRESSED

 NEUTRAL

 ENERGETIC

 MAD / FRUSTRATED

Mood Tracker

MONTH:

MY CAFE



KEY:

HAPPY / ELATED

SAD / DEPRESSED

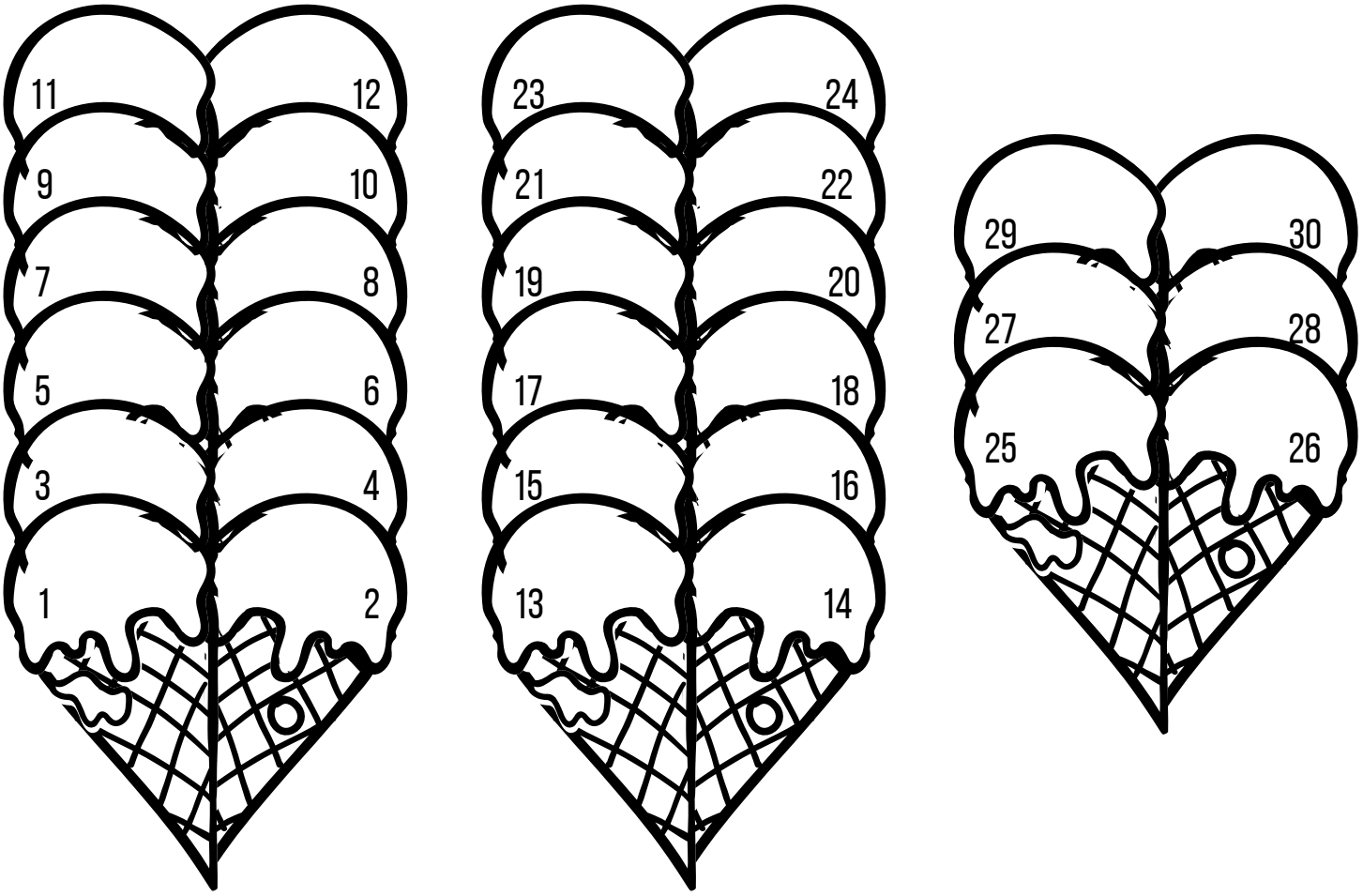
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



KEY:



HAPPY / ELATED

SAD / DEPRESSED

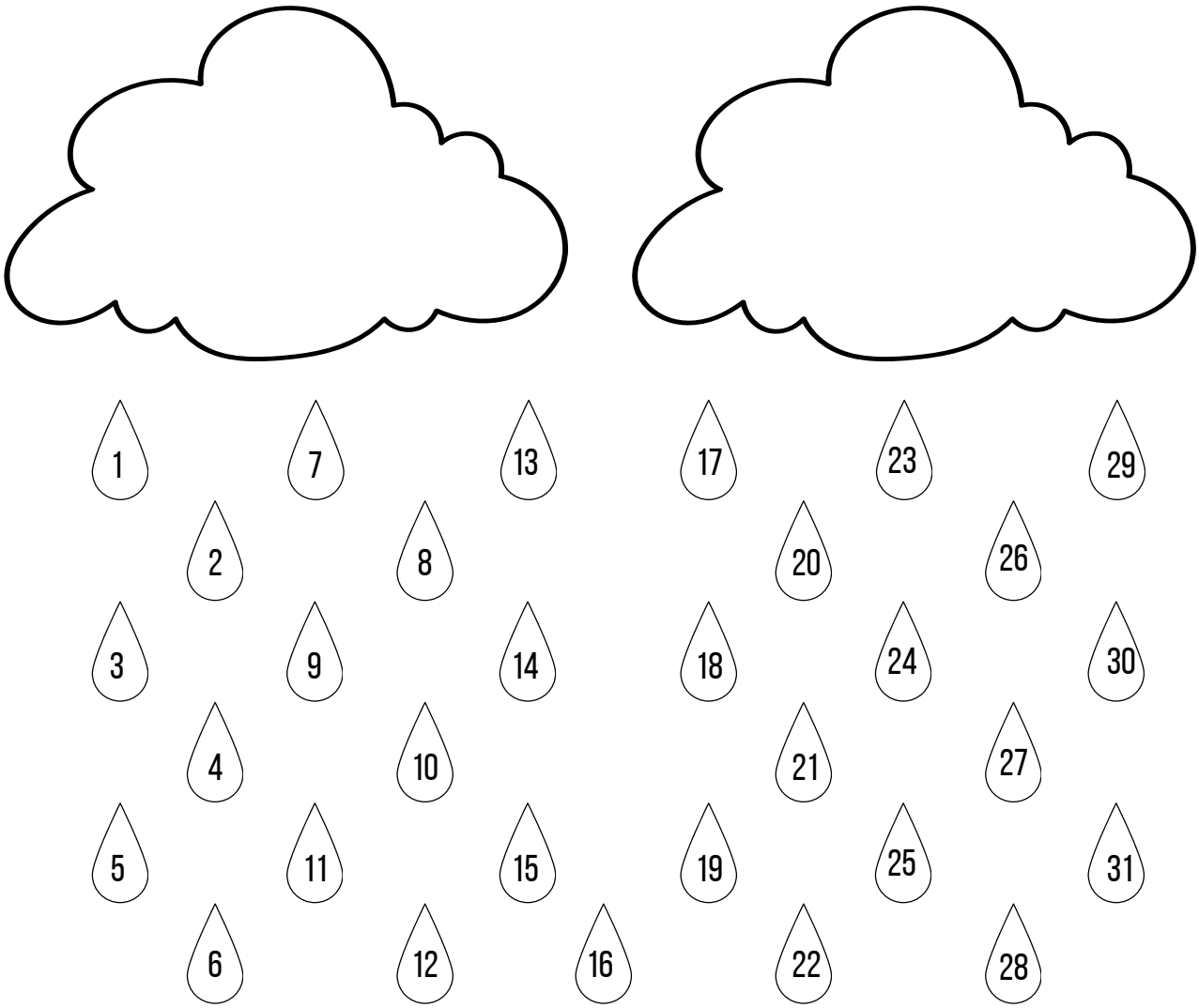
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



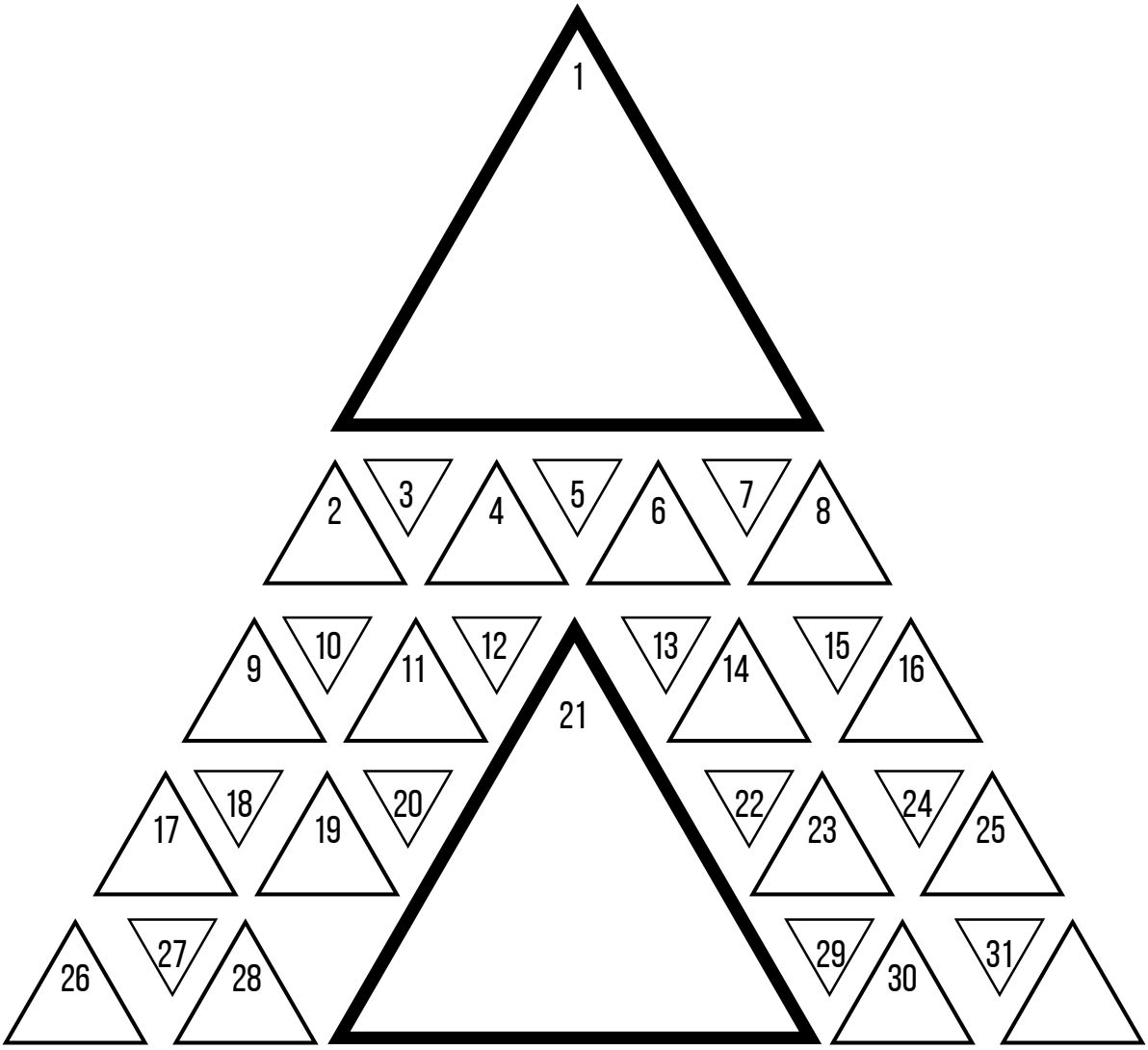
KEY:



HAPPY / ELATED | SAD / DEPRESSED | NEUTRAL | ENERGETIC | MAD / FRUSTRATED

Mood Tracker

MONTH:



KEY:

HAPPY / ELATED

SAD / DEPRESSED

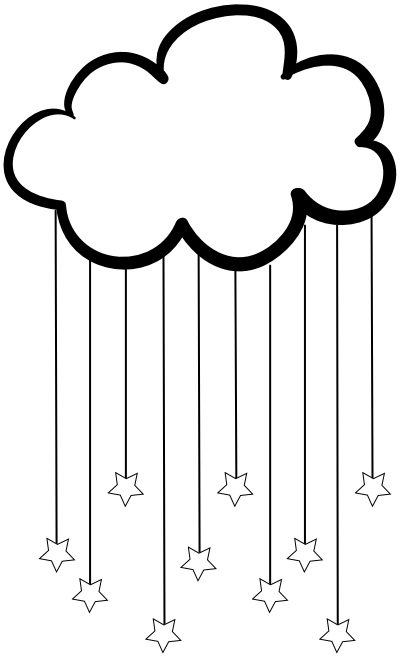
NEUTRAL

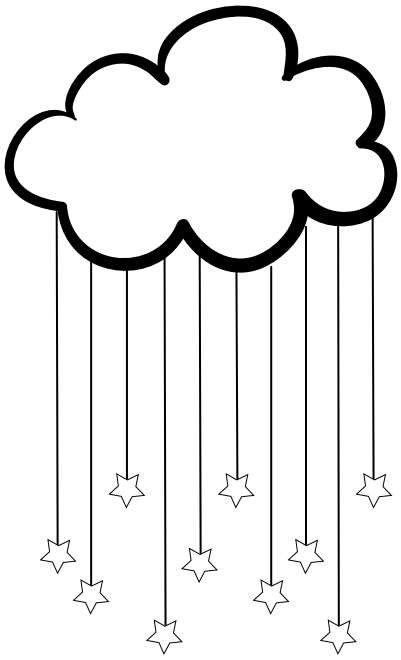
ENERGETIC

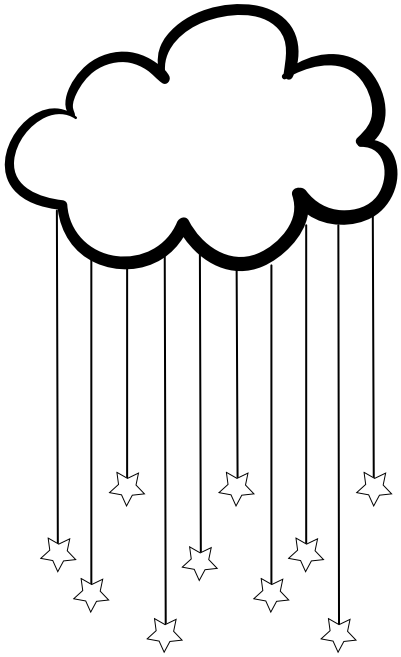
MAD / FRUSTRATED

Mood Tracker

MONTH:







KEY:



HAPPY / ELATED



SAD / DEPRESSED



NEUTRAL



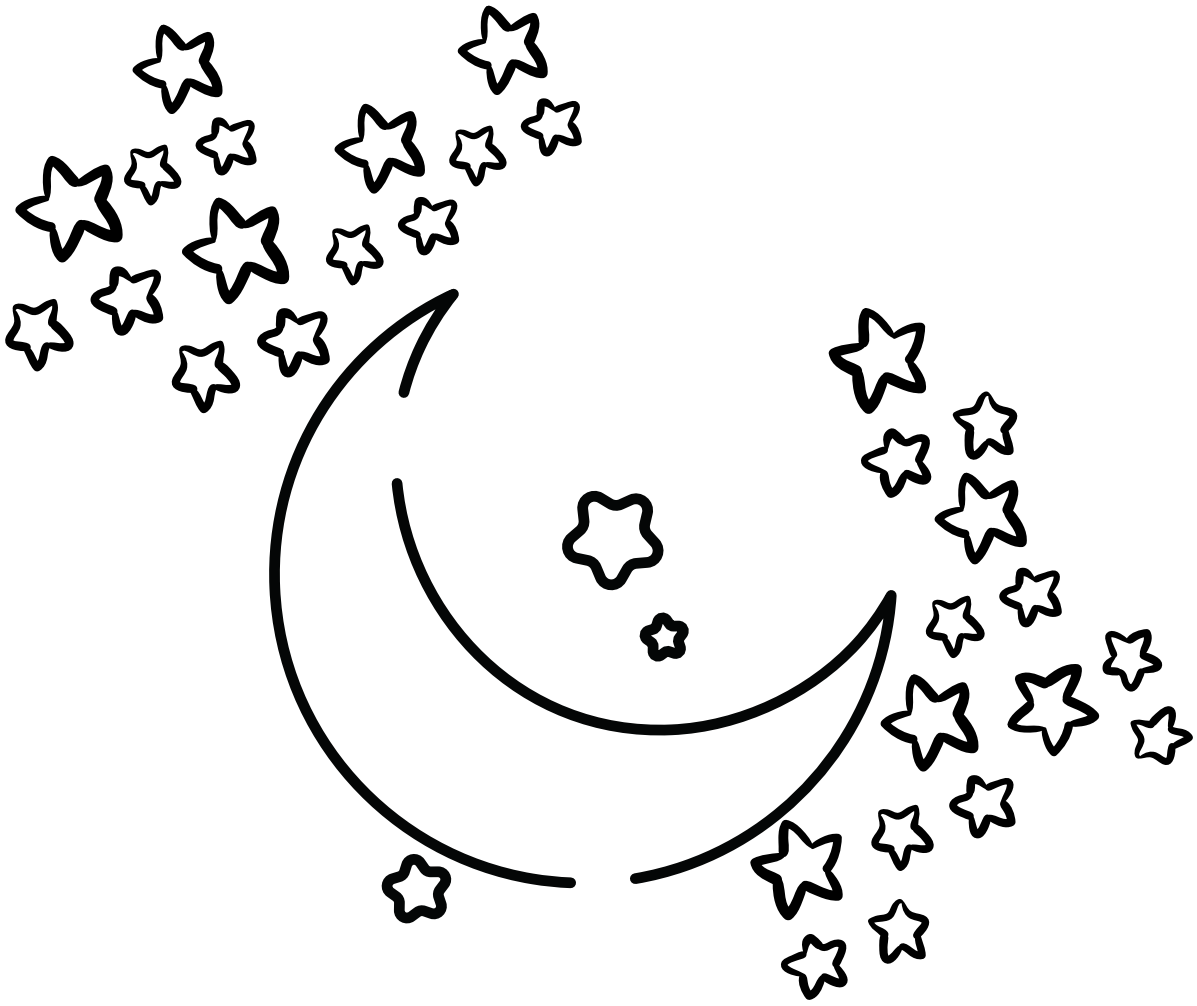
ENERGETIC



MAD / FRUSTRATED

Mood Tracker

MONTH:



KEY:

HAPPY / ELATED

SAD / DEPRESSED

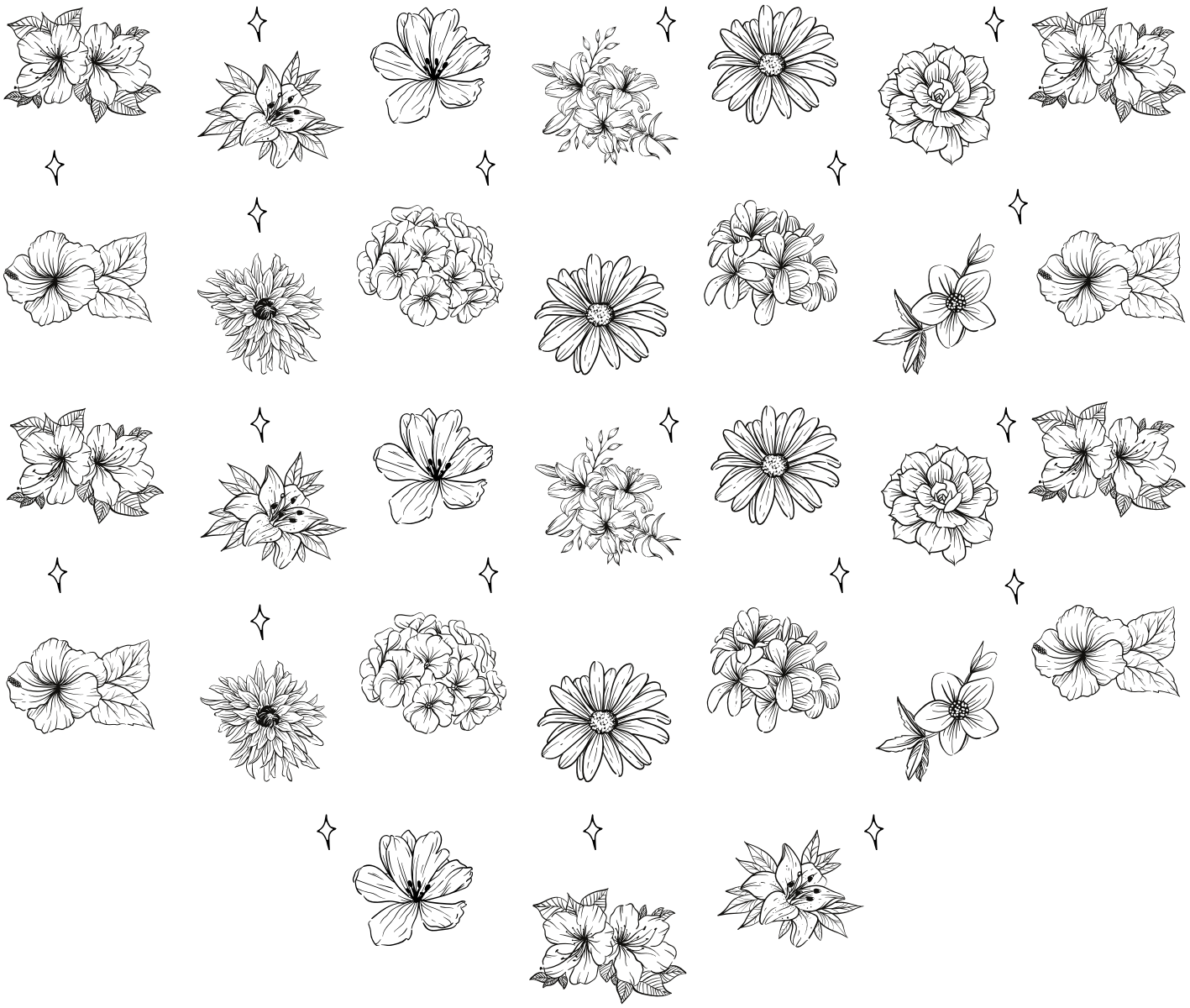
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



Key:

HAPPY / ELATED

SAD / DEPRESSED

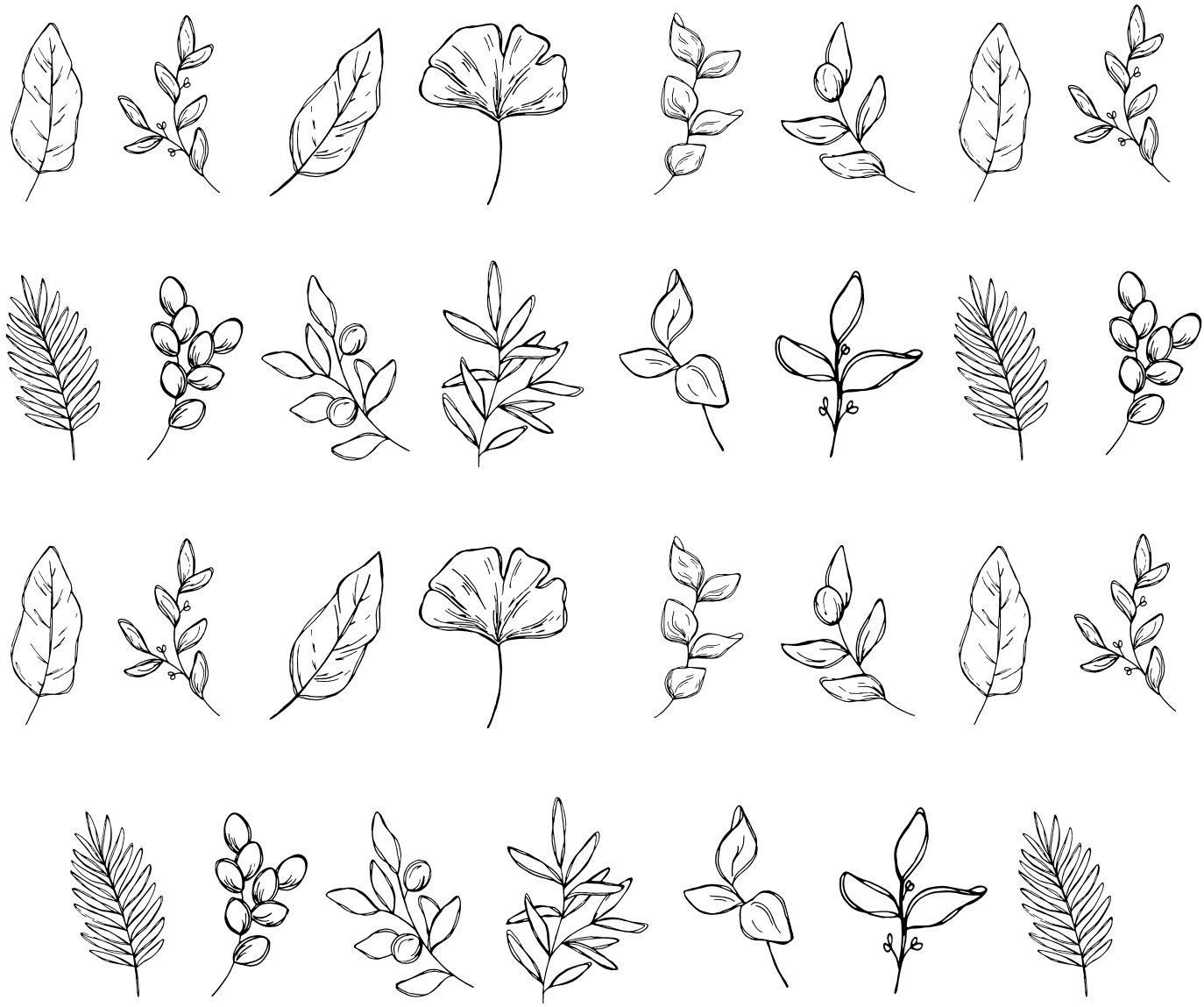
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



Key:

HAPPY / ELATED

SAD / DEPRESSED

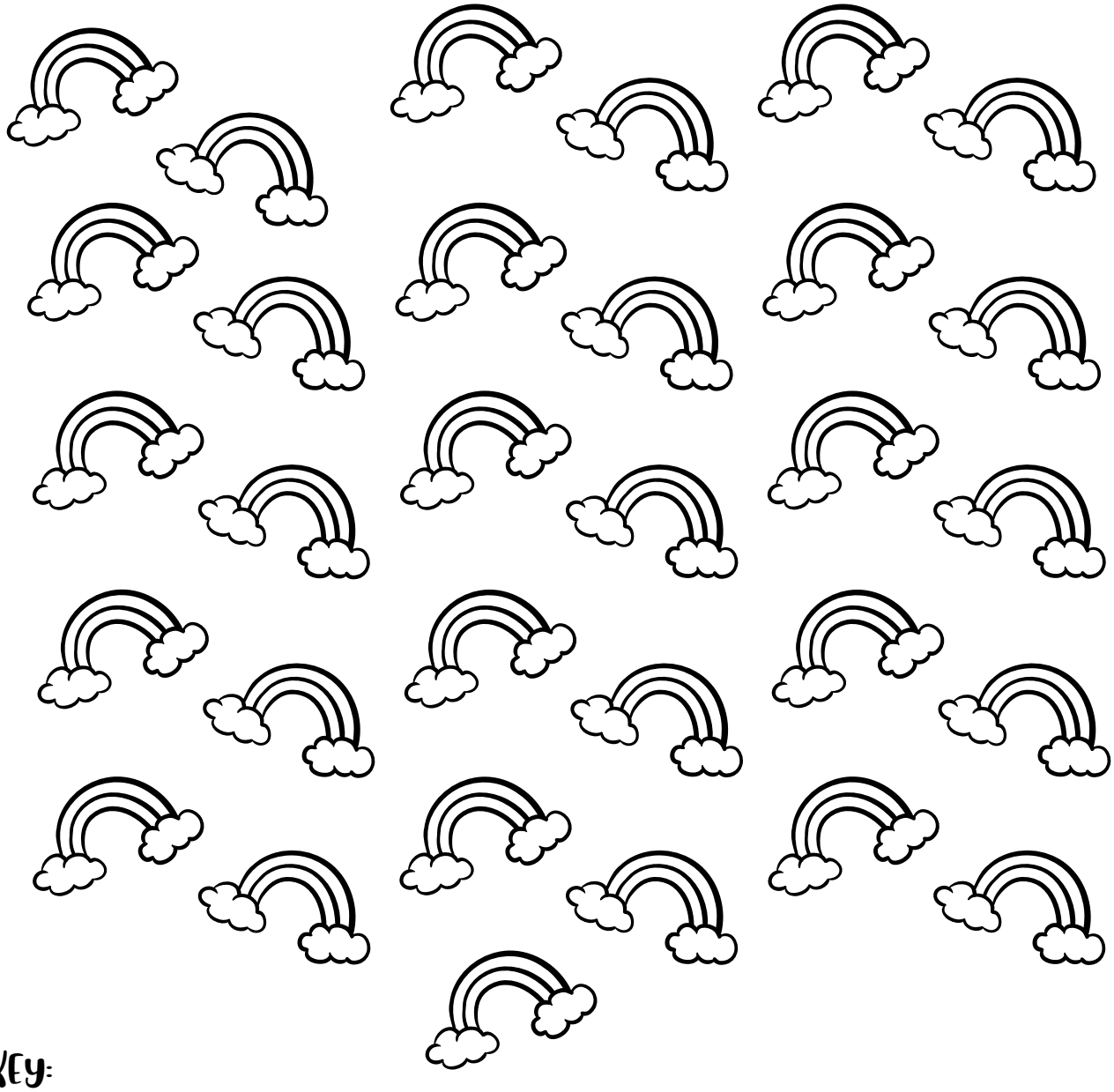
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



Key:



HAPPY / ELATED | SAD / DEPRESSED | NEUTRAL | ENERGETIC | MAD / FRUSTRATED

Mood Tracker

MONTH:



Key:

HAPPY / ELATED

SAD / DEPRESSED

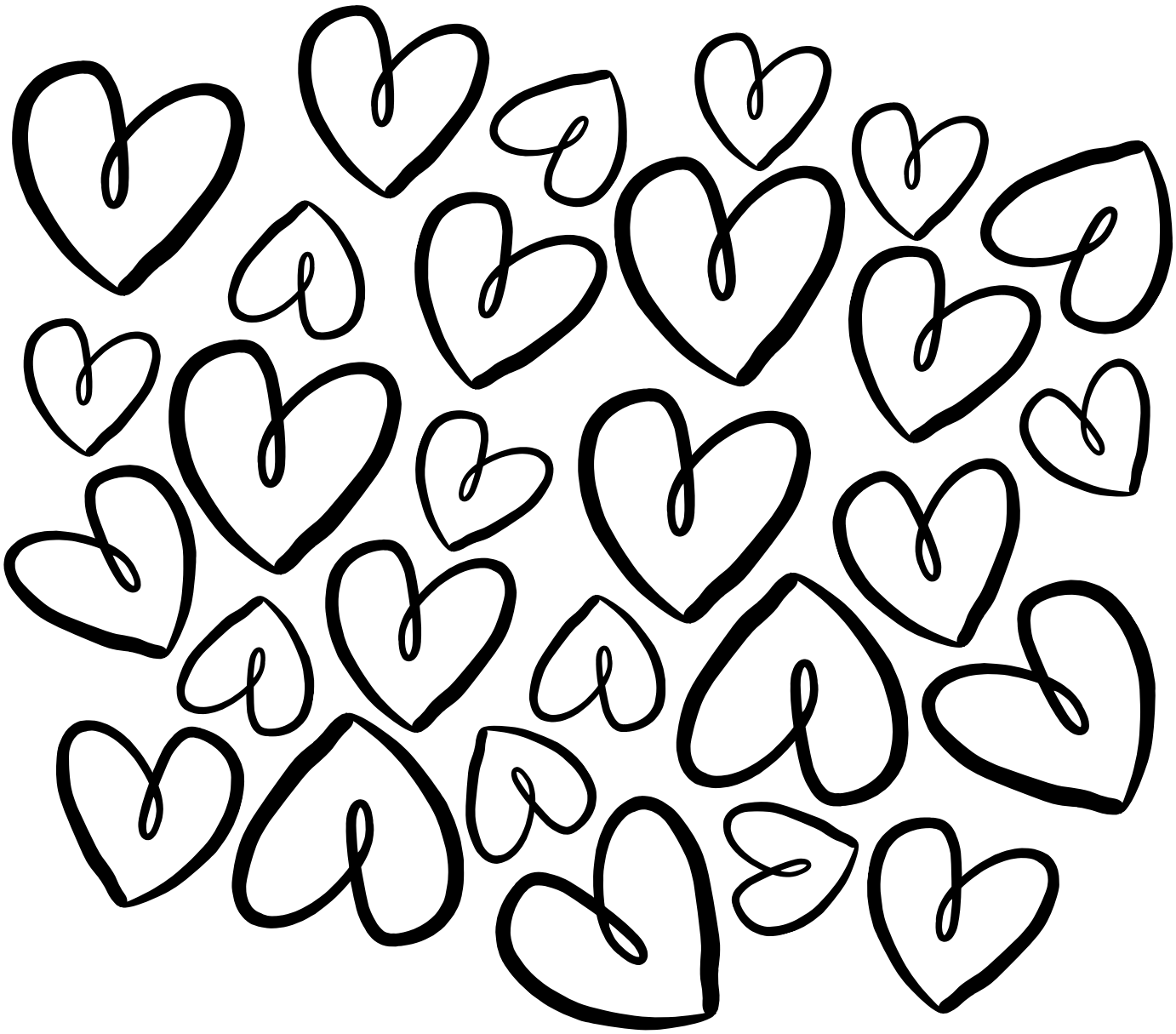
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



Key:

HAPPY / ELATED

SAD / DEPRESSED

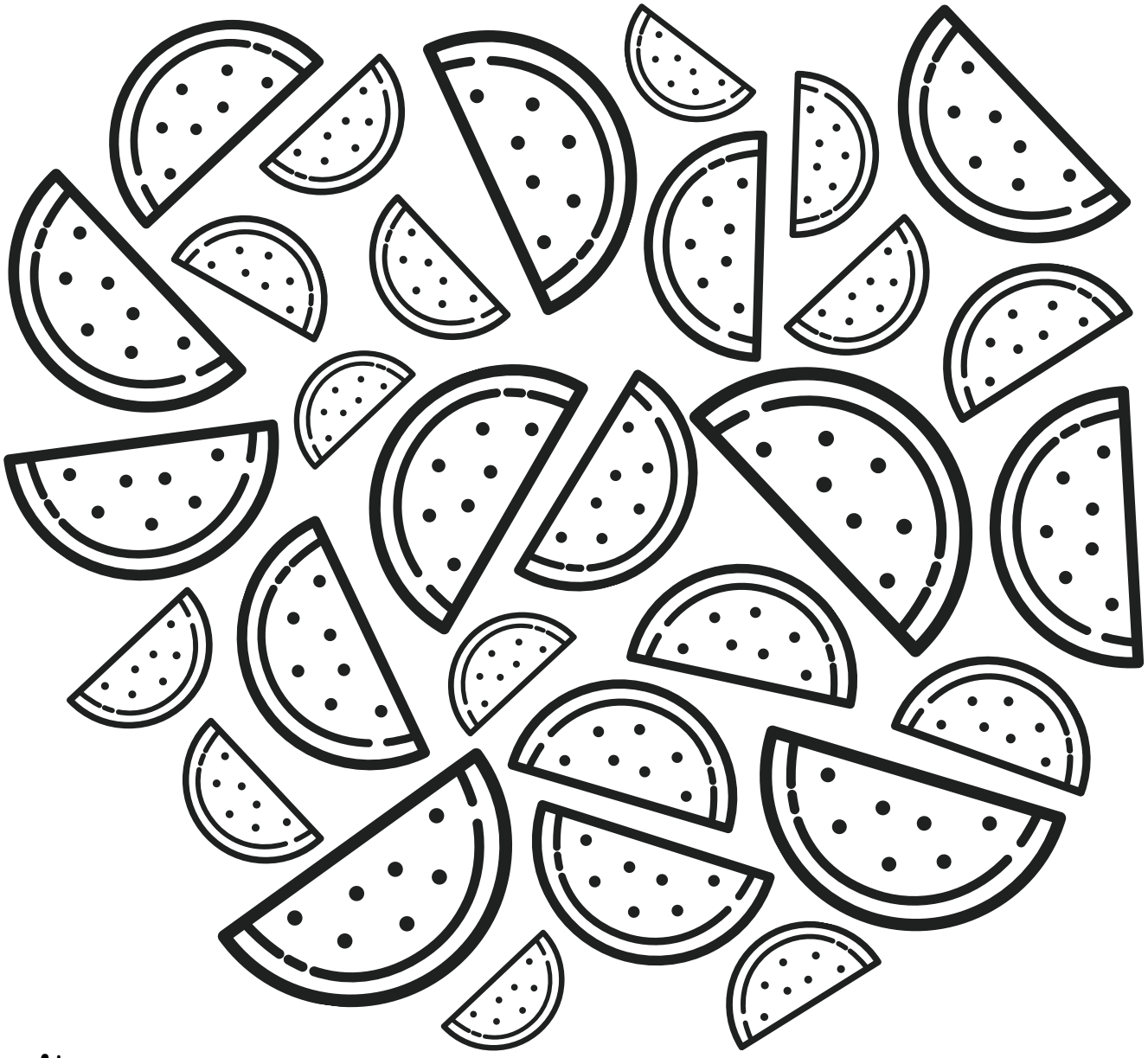
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



Key:

HAPPY / ELATED

SAD / DEPRESSED

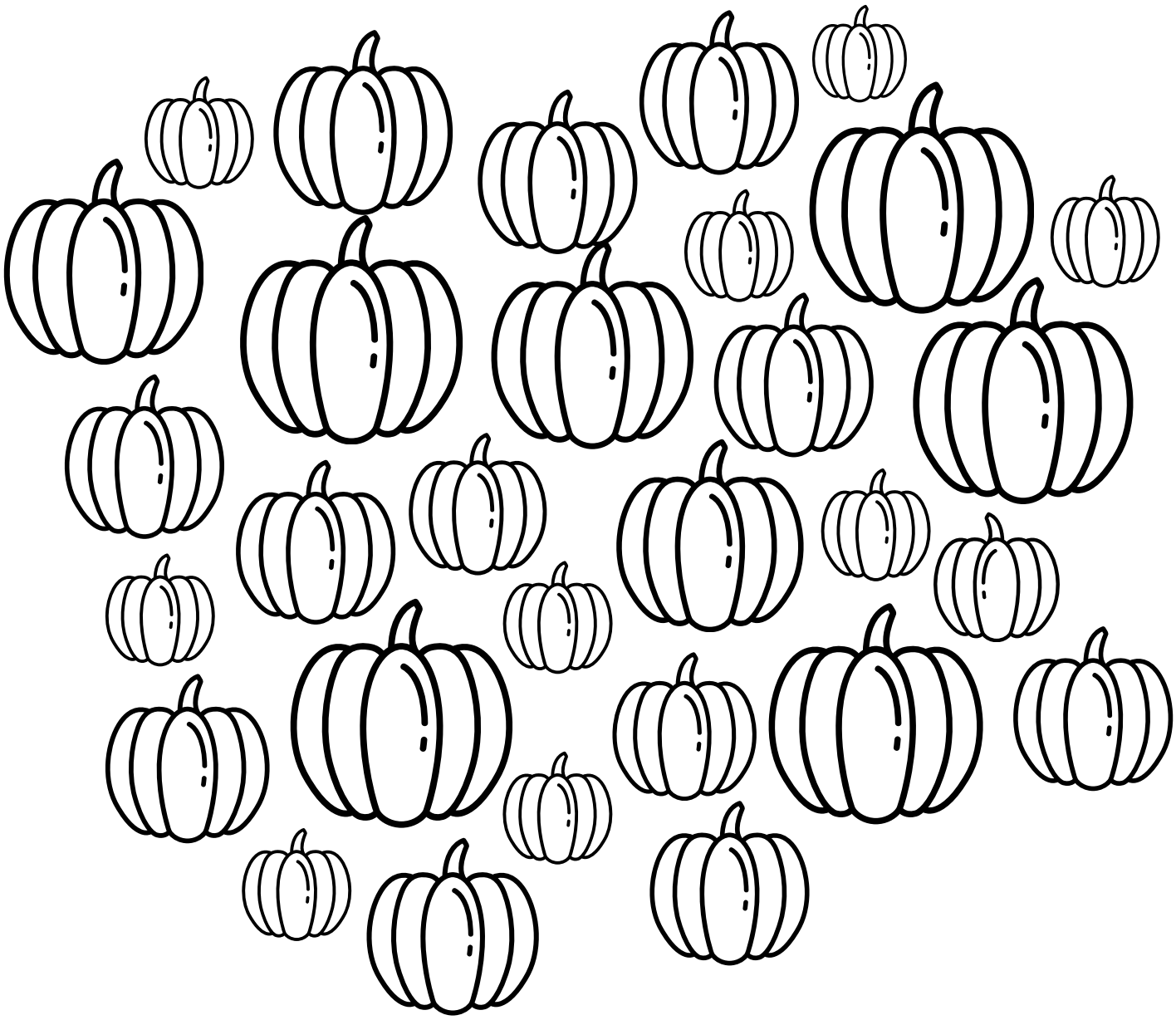
NEUTRAL

ENERGETIC

MAD / FRUSTRATED

Mood Tracker

MONTH:



Key:



HAPPY / ELATED



SAD / DEPRESSED



NEUTRAL



ENERGETIC



MAD / FRUSTRATED