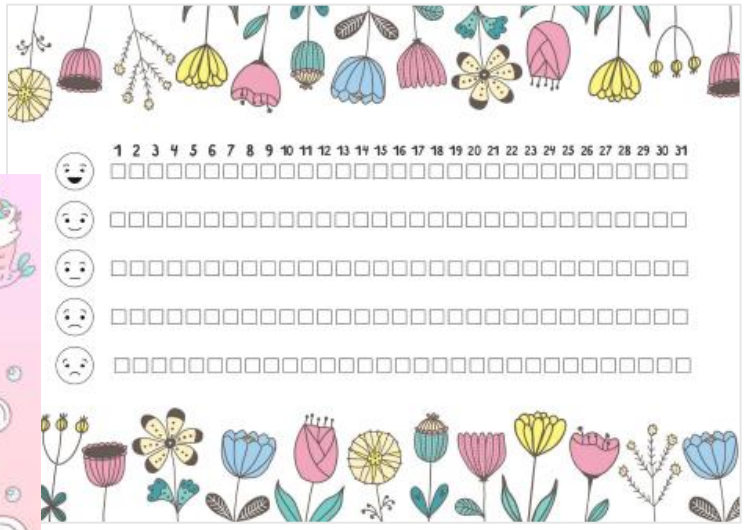
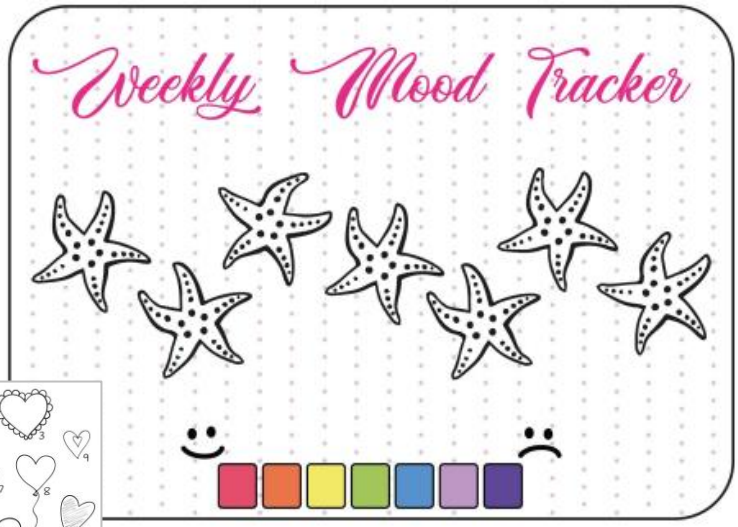
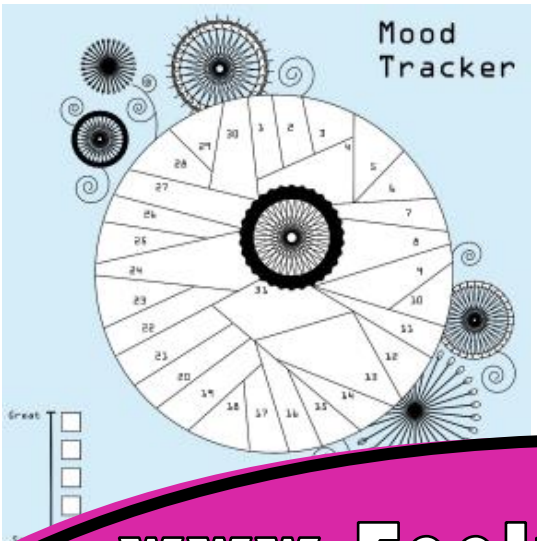
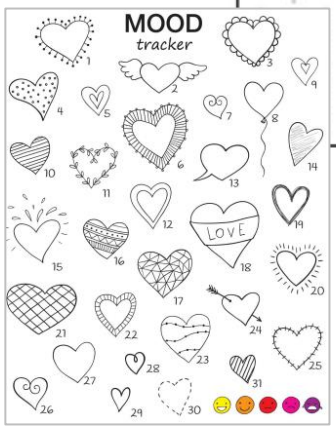
Mood Tracker Printouts

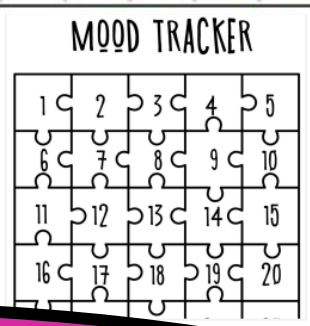
Track Daily Feelings for Emotional Well-being

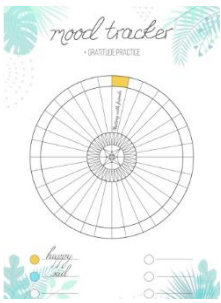




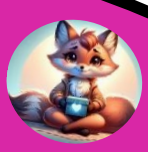








www.FeelingsHelpBox.com



Mood Tracker

Mood Tracker

MOOD TRACKER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 19 20 21 22 23 18 24 25 26 27 28 29 30 31

ENJOY THE LITTLE THINGS

MOOD TRACKER

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

ENJOY THE LITTLE THINGS

MOOD TRACKER

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

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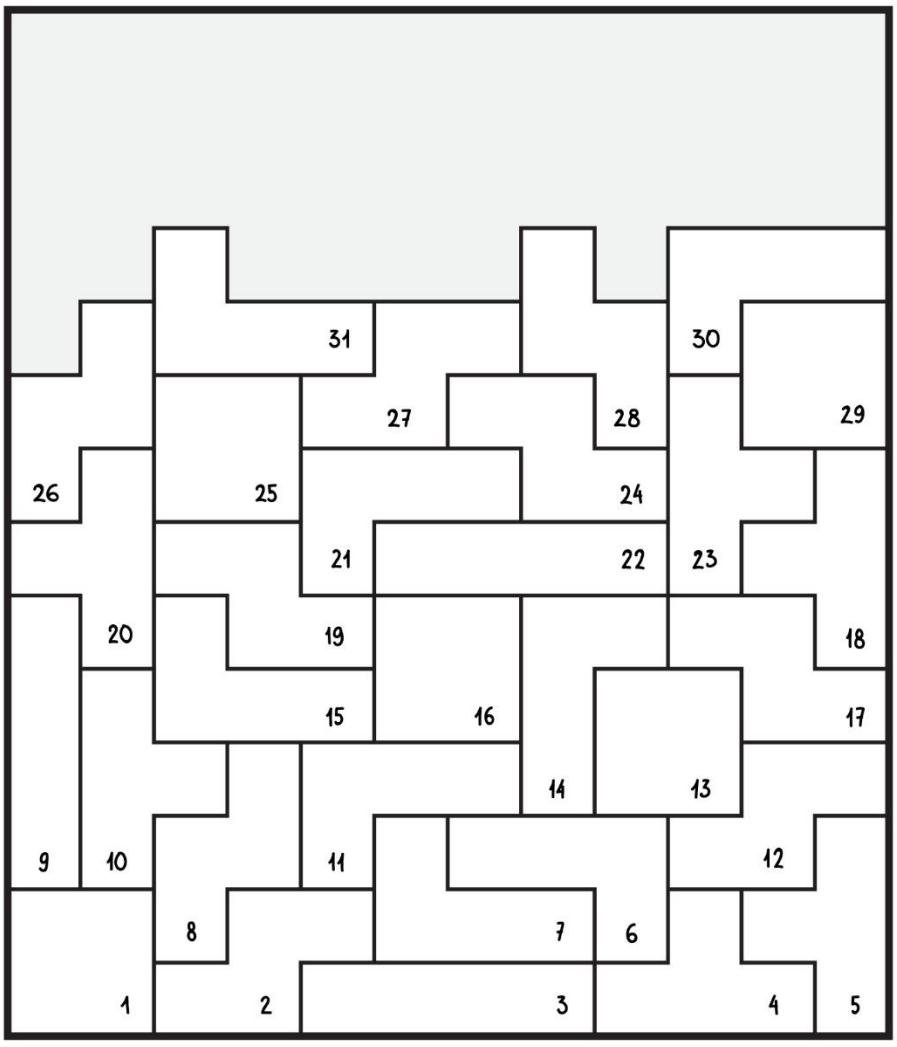
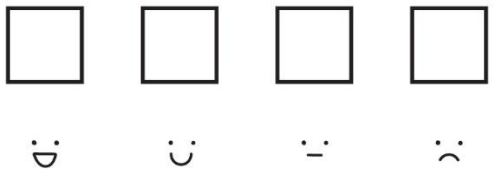
MOOD TRACKER

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

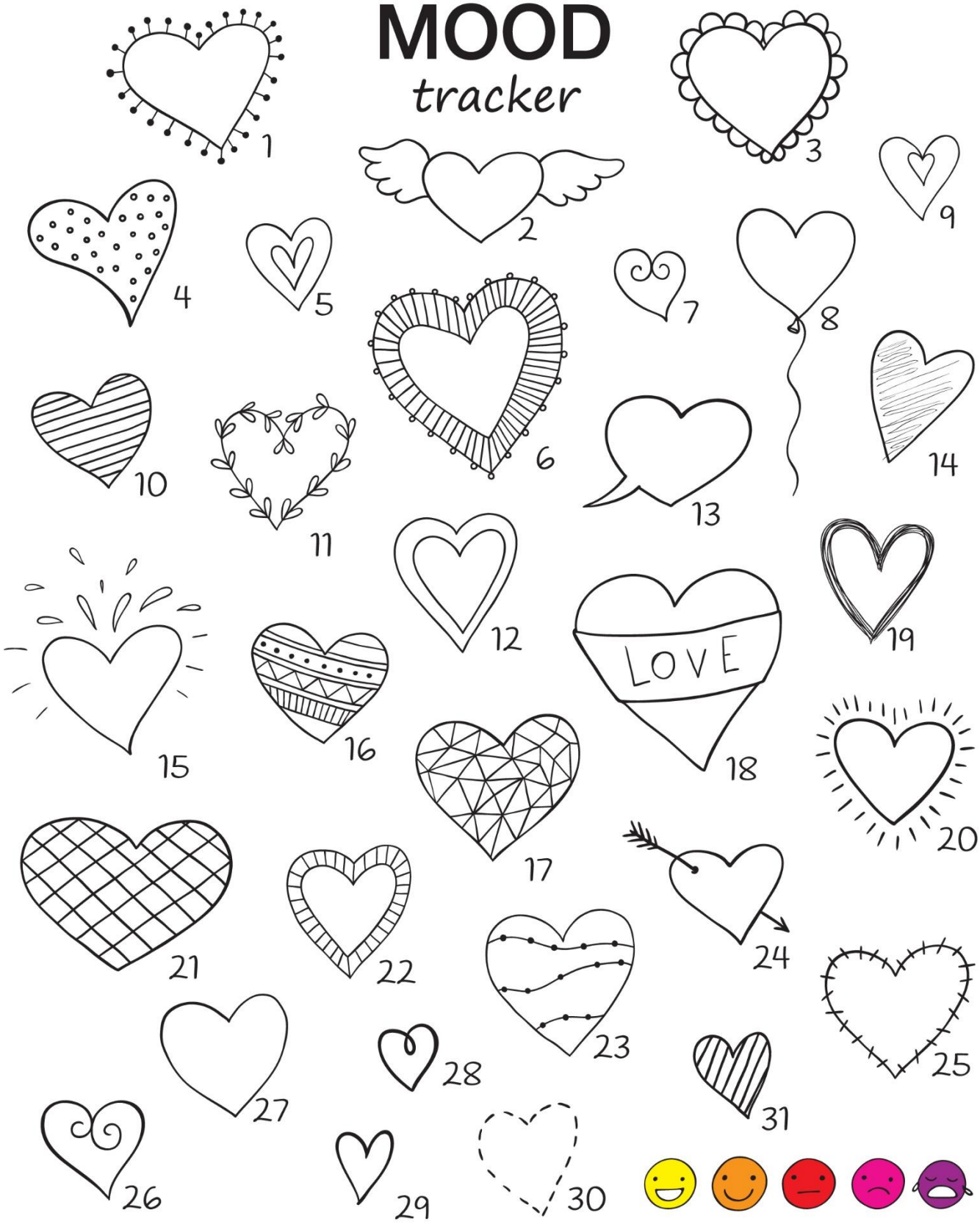
ENJOY THE LITTLE THINGS

Mood tracker

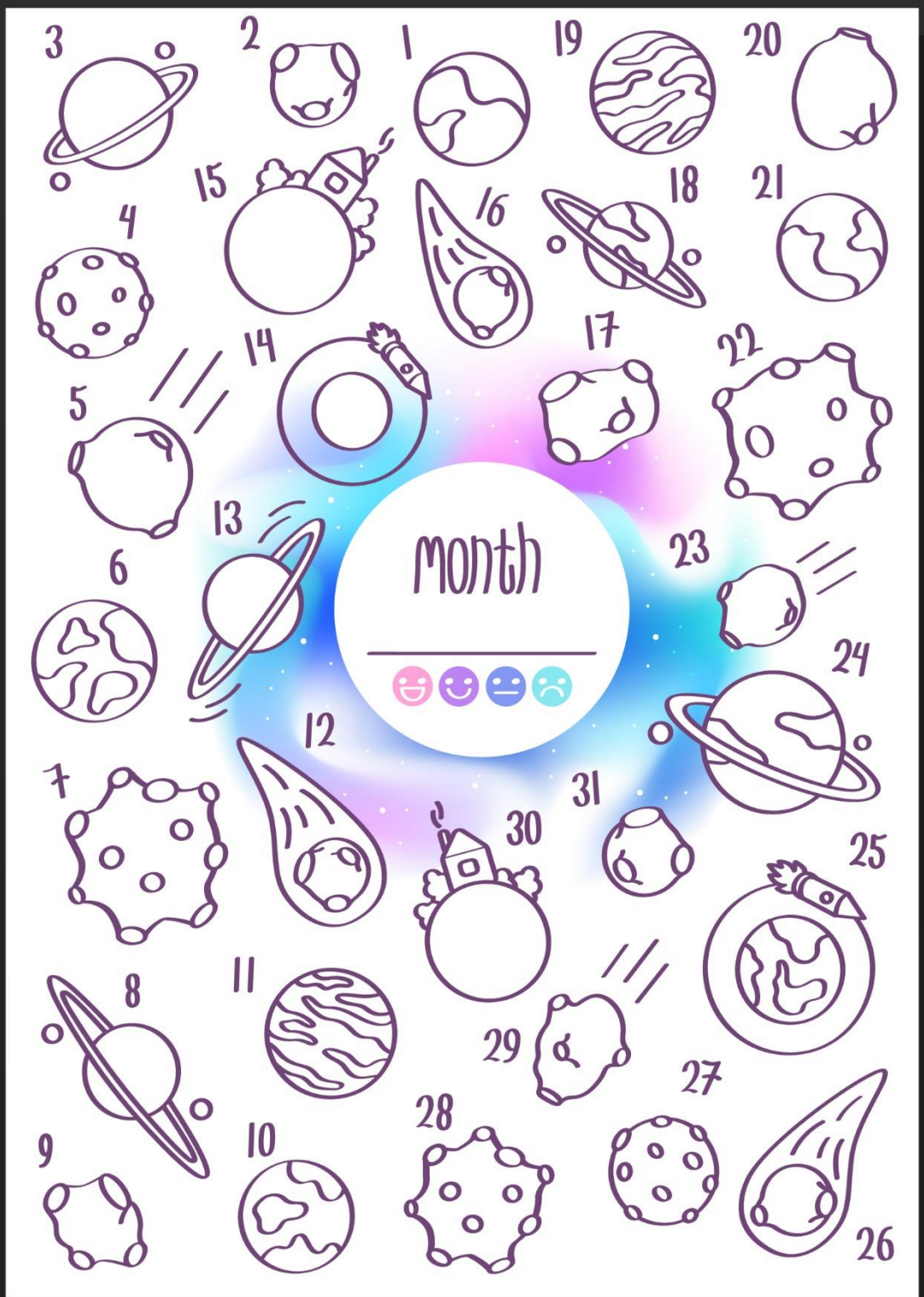




MOOD
tracker

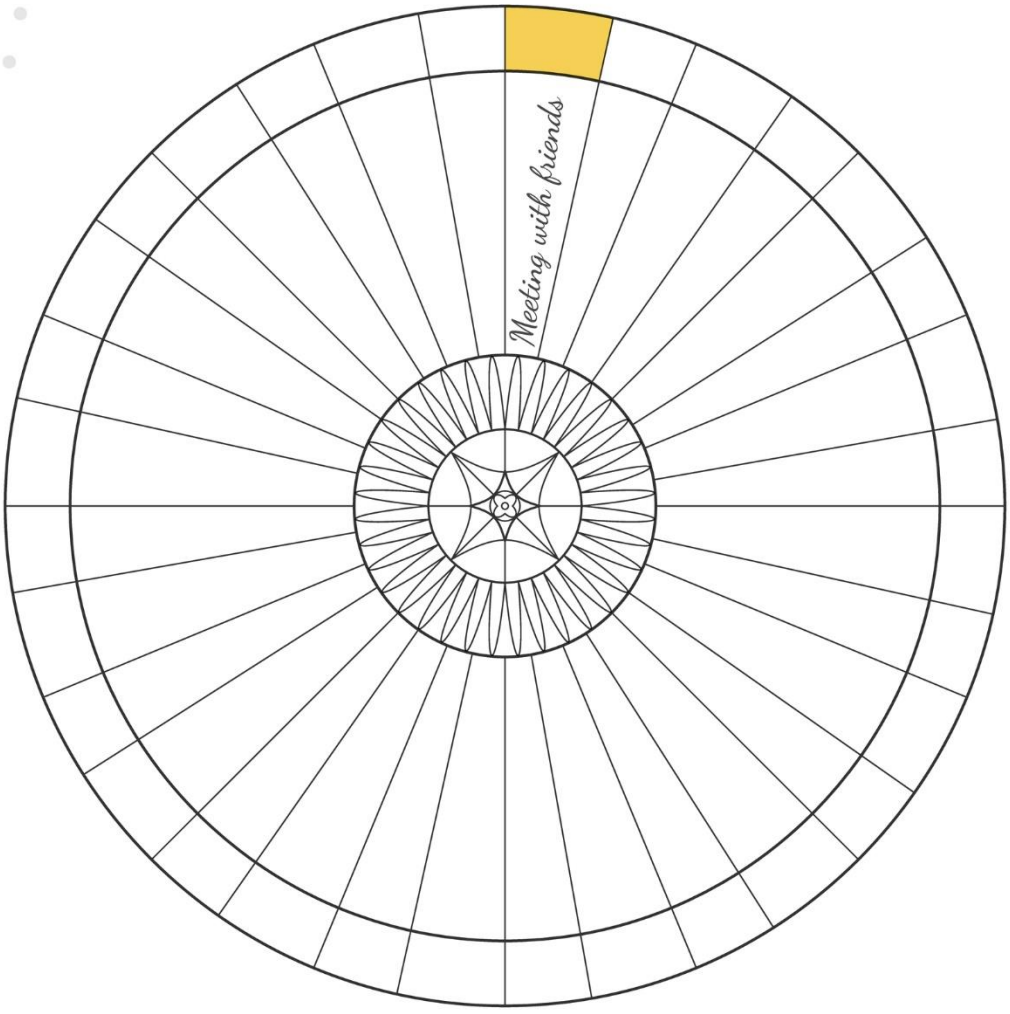


MOOD TRACKER



mood tracker

+ GRATITUDE PRACTICE

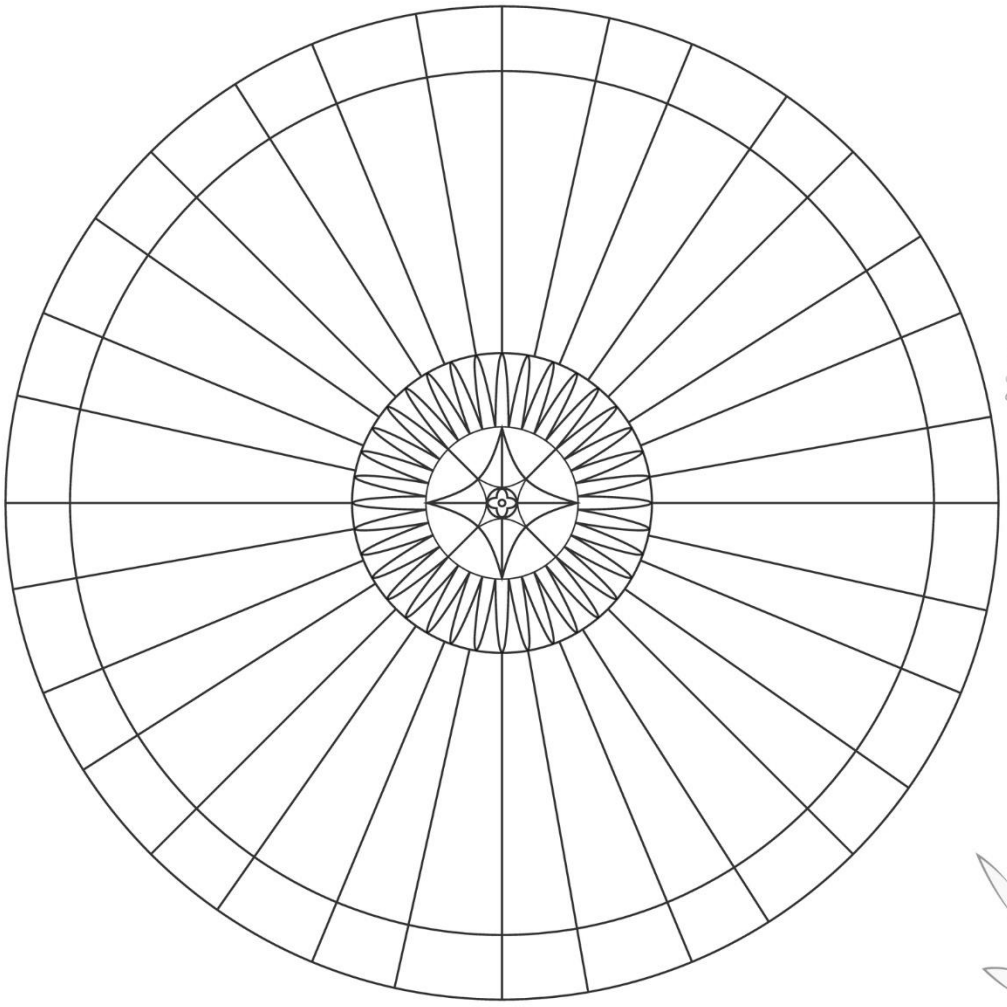


happy

sad

mood tracker

+ GRATITUDE PRACTICE



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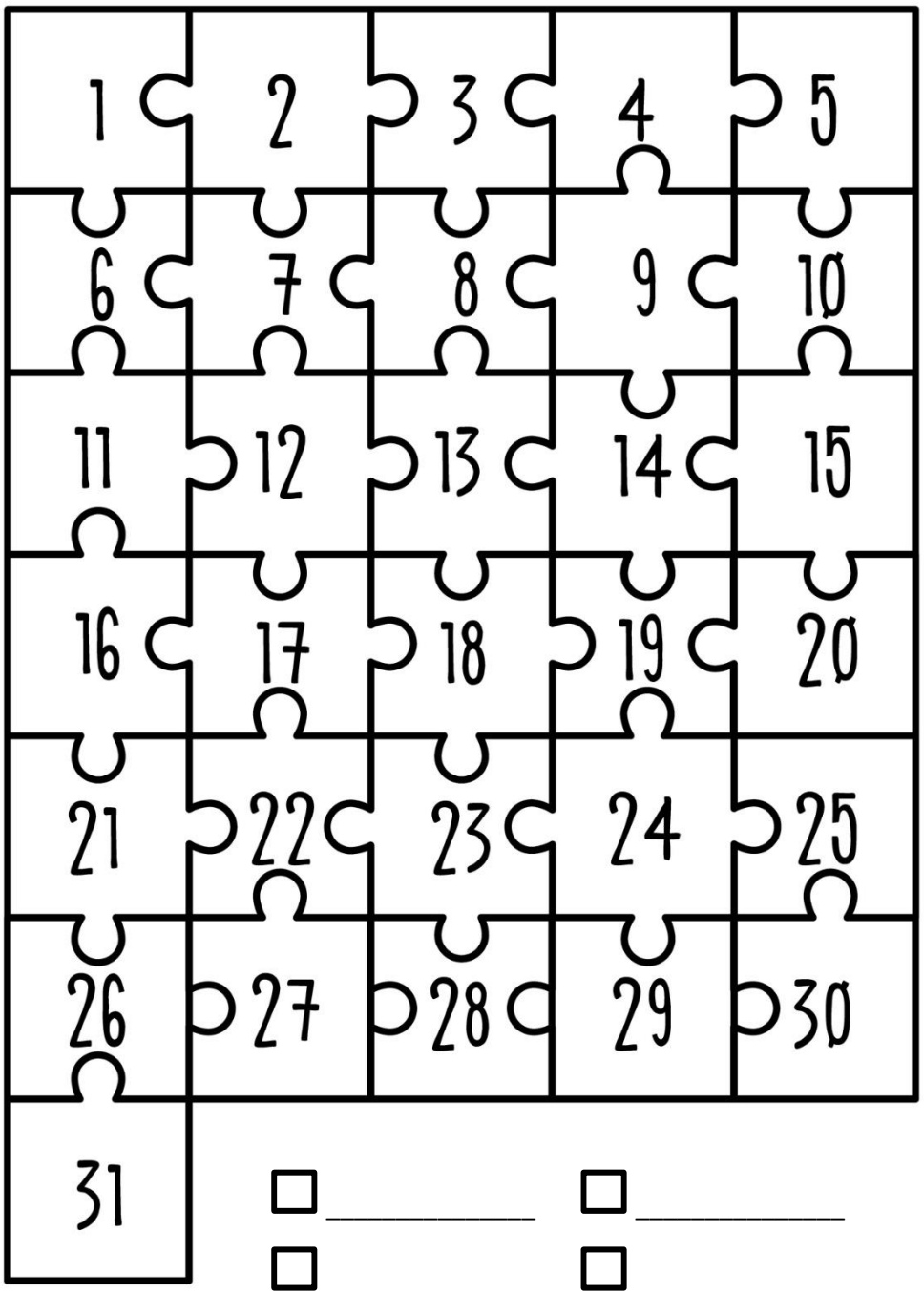
MOOD TRACKER



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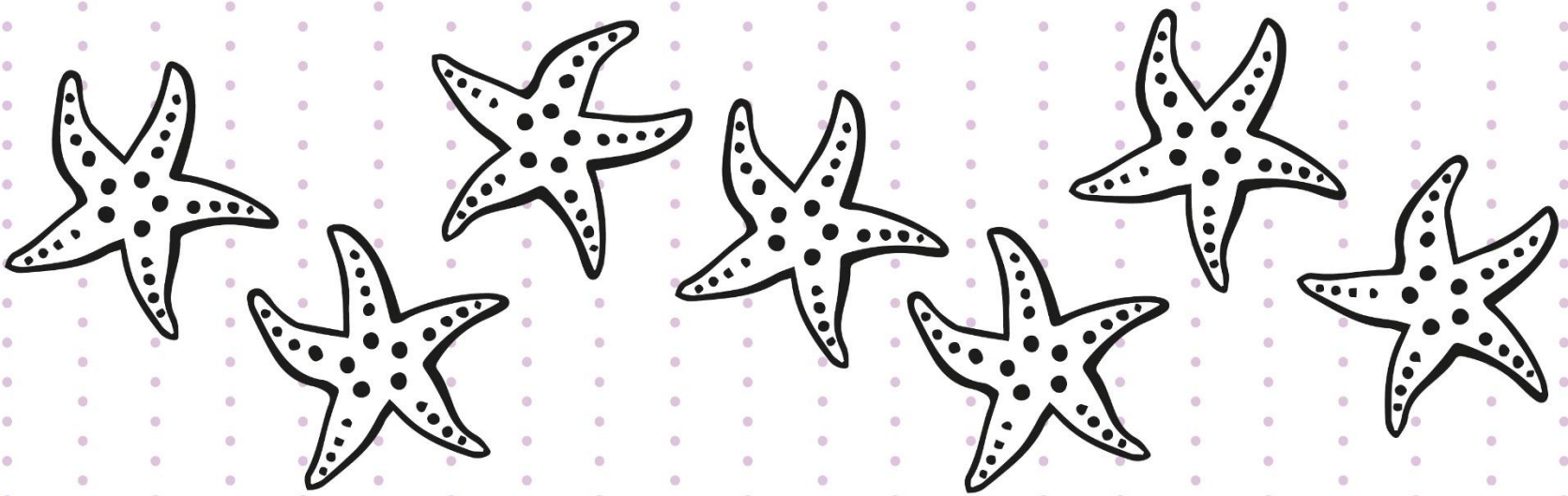
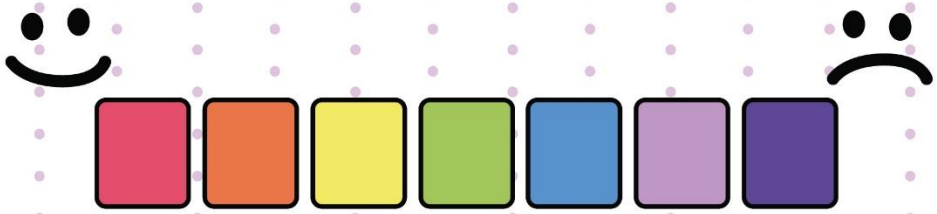
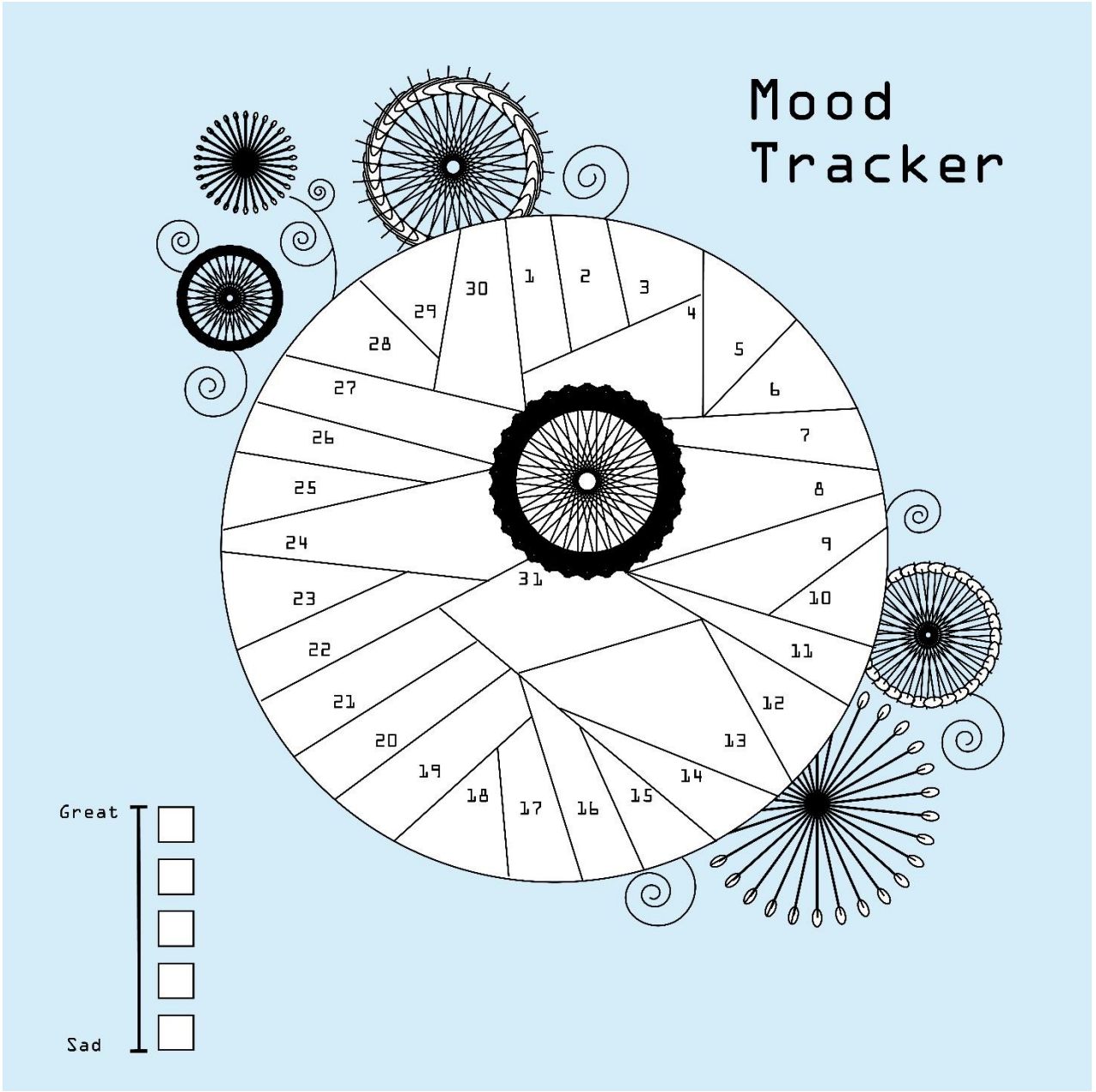
Weekly Mood Tracker






Mood Tracker
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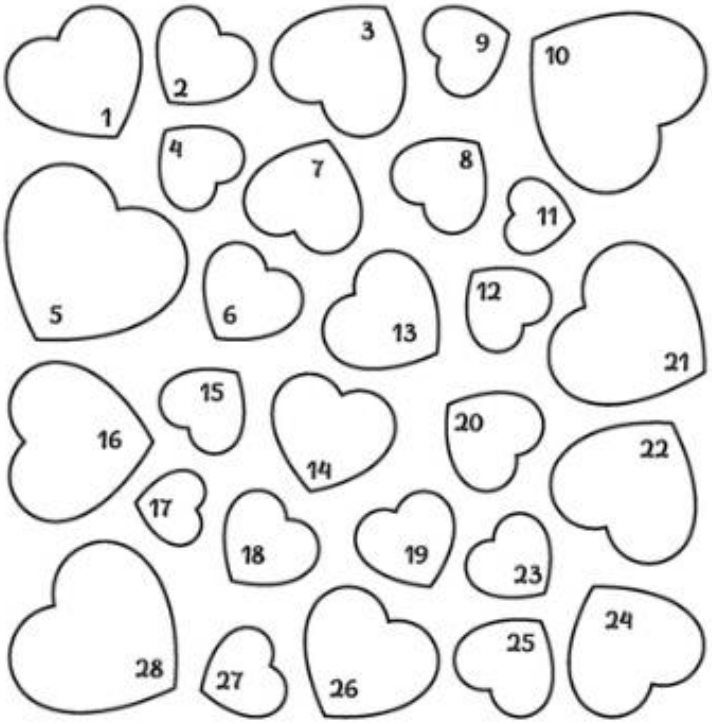
Great
Sad

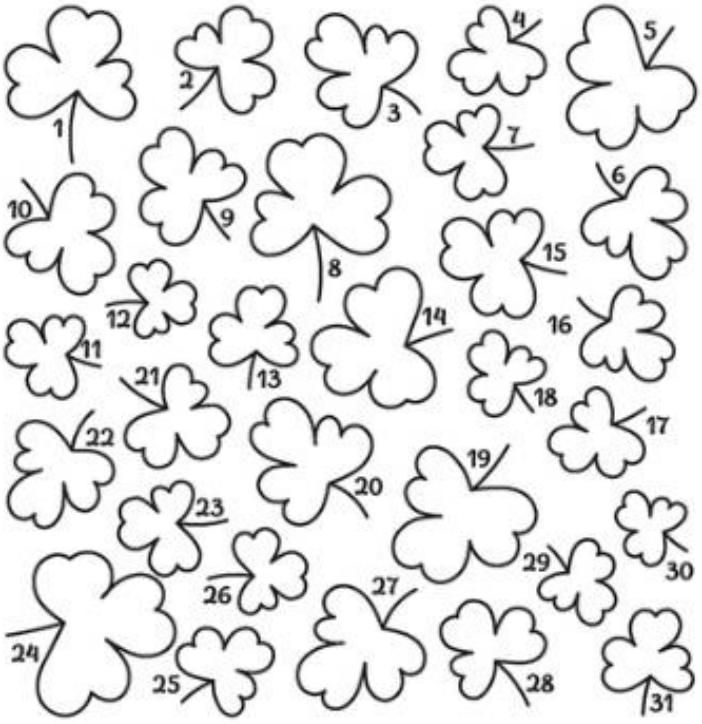
JANUARY mood tracker

FEBRUARY mood tracker



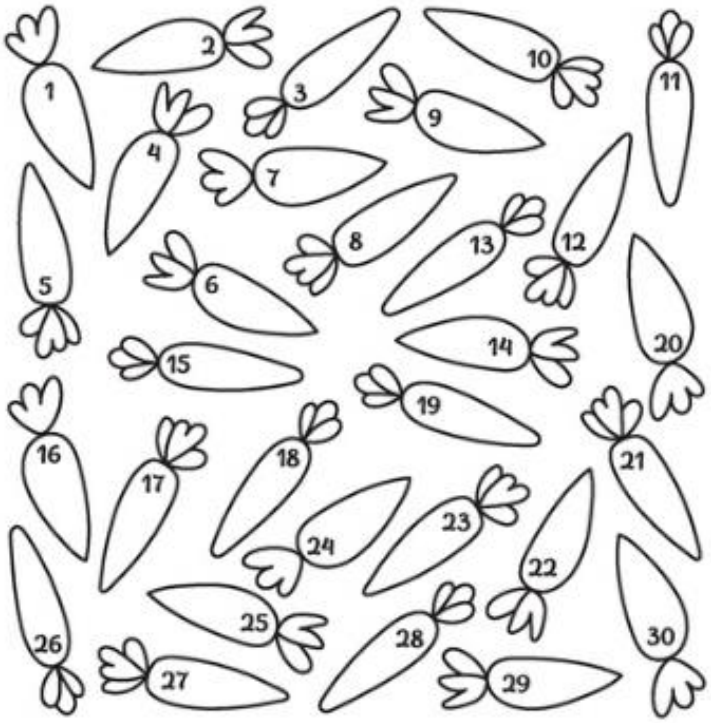
MARCH

mood tracker



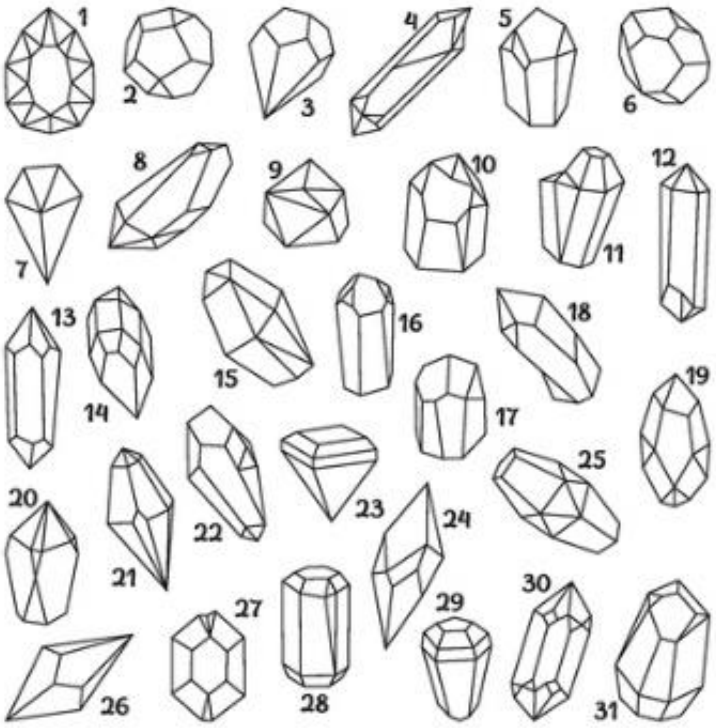
APRIL

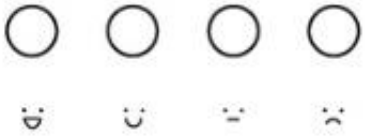
mood tracker



MAY

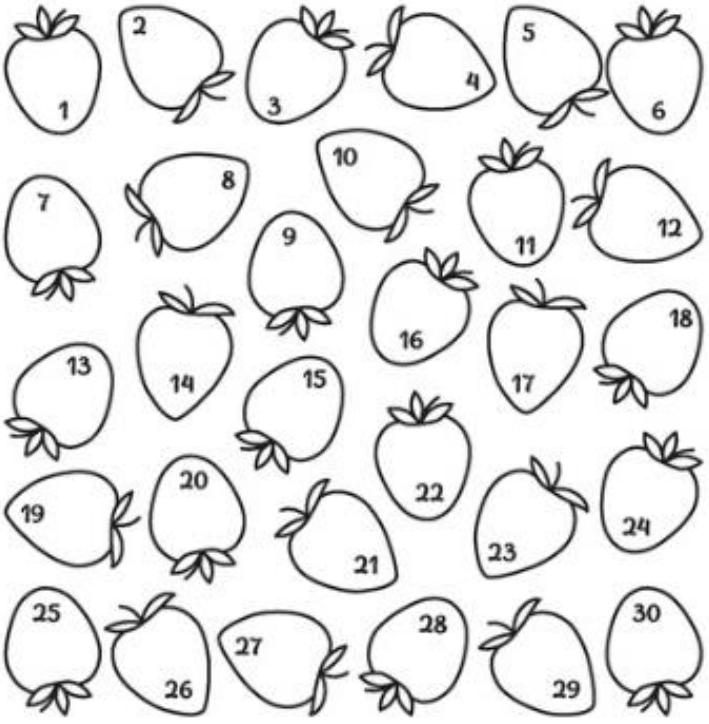
mood tracker





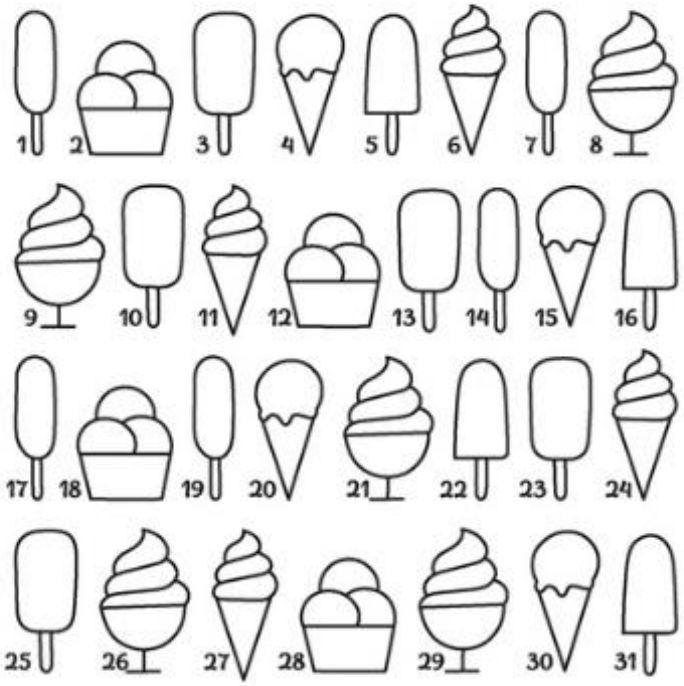
JUNE

mood tracker



JULY

mood tracker



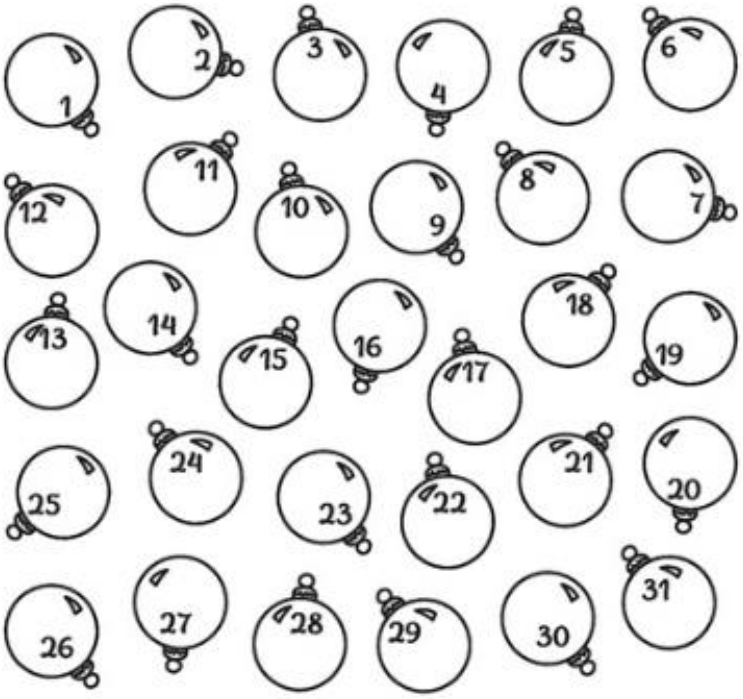
AUGUST mood tracker

SEPTEMBER mood tracker

OCTOBER mood tracker

NOVEMBER mood tracker

DECEMBER mood tracker



About "Mood Tracker Printouts: Track Daily Feelings for Emotional Well-being" Free Printable Resource

Welcome to our easy-to-use Mood Tracker Printouts, perfect for adults, teens, and children, designed to help record and analyse daily feelings, offering insights into one's emotional well-being. With 27 different designs, these free printouts help you keep track of your feelings every day. Whether you are looking to better understand your own emotions, help a teenager be more aware of their feelings, or teach a child about emotional health, these trackers are a great start.

How to Use These Mood Trackers

- Everyday Use: Write down how you felt each day to notice your mood trends.
- Spot Patterns: Track changes over time to recognise triggers for various emotions.
- Improve Mental Health: Sharing your mood tracker with a friend, family member, or therapist can help you get the support you need.

These trackers are simple and free to download, making it easy for anyone to start using them.

For more **free resources on emotions**, visit www.FeelingsHelpBox.com.