

MOOD TRACKER

inspired by Jenna, 18

month of _____

sunday	monday	tuesday	wednesday	thursday	friday	saturday

COLOUR CODE	<input type="checkbox"/>	ANXIETY during the DAY	<input type="checkbox"/>	STRESS during the DAY	<input type="checkbox"/>	DEPRESSION during the DAY
	<input type="checkbox"/>	ANXIETY during the EVENING	<input type="checkbox"/>	STRESS during the EVENING	<input type="checkbox"/>	DEPRESSION during the EVENING

EMOTICONS	😊 = calm	😐 = mid-range and coping	😞 = can't stand it!
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RATING VALUES	1 = calm	2 = mid-range and coping	3 = can't stand it!
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