



Mood Tracker

Month: _____



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



Sad



Sick



Angry

