

Mood Tracker Circle

A month of mood as one colour wheel – the pattern shows up faster than in a list.

MONTH

YEAR

Choose your colours

☐

Great

☐

Good

☐

okay

☐

Low

☐

Anxious

☐

Angry

The 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	

At the end of the month

MOST COMMON MOOD

WHAT THE LOW DAYS HAD IN COMMON

Notes on this month