

Mood Tracker



USE CODE: JOURNAL
TO SAVE 10% OFF

Gain awareness of what emotions show up consistently for you and find patterns of when you're feeling great and when you're not. Write down six moods you want to start tracking daily. Record the most dominant mood you felt that day, or shade in a few throughout the day.

The mood tracker consists of a large central circle divided into 31 numbered segments, representing the days of the month. The numbers are arranged as follows: 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. Surrounding the central circle are six smaller circles, each connected to the center by a horizontal line. These circles are intended for users to write down the six moods they wish to track.