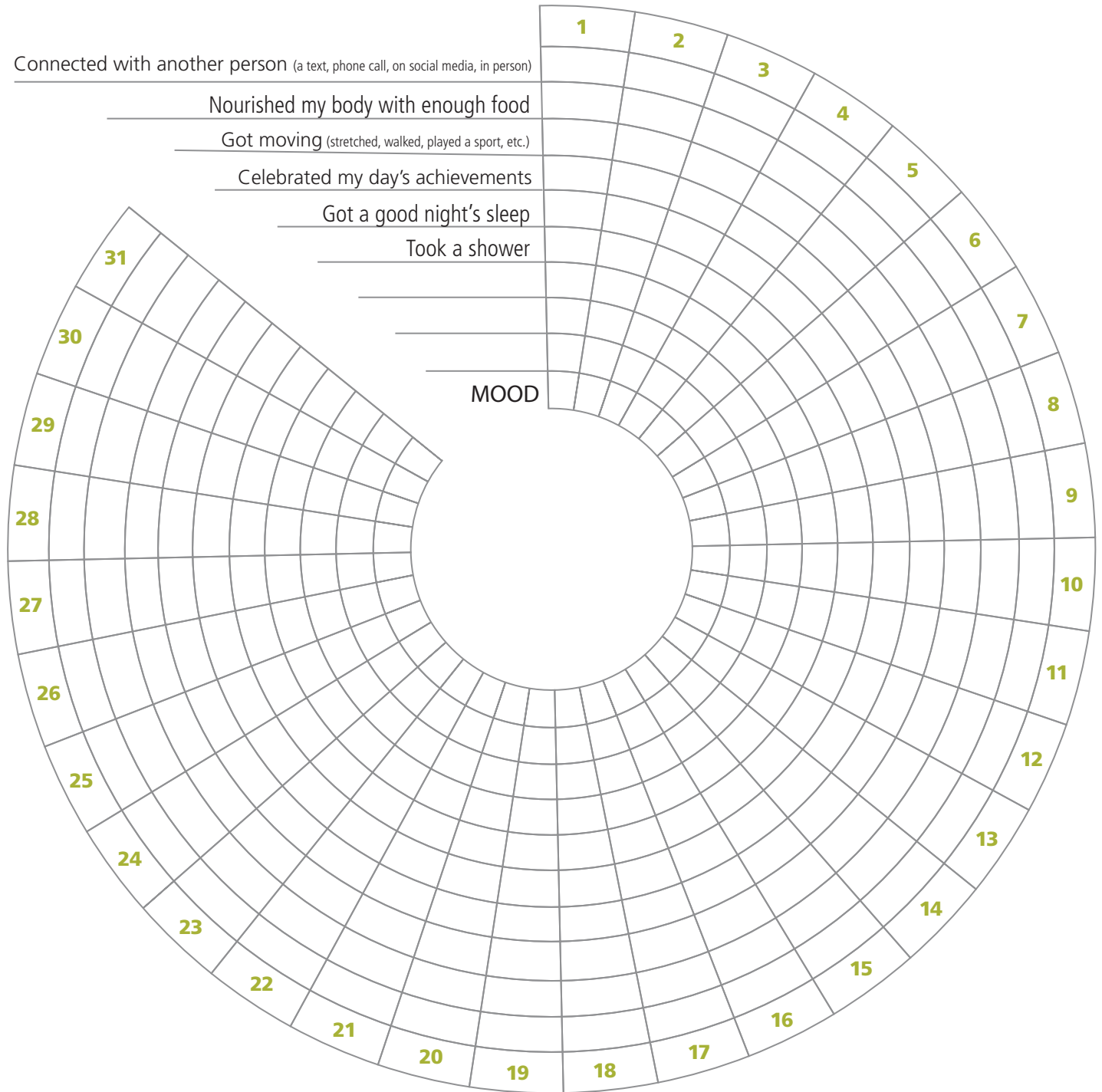


HABIT AND MOOD TRACKER

Trackers help reveal patterns in moods and behaviors that allow you to notice triggers, develop healthy habits, and improve your general wellbeing. It can also help you collect valuable information to share with loved ones or professionals who are supporting you.

Find more resources at activeminds.org



CREATE YOUR OWN COLOR KEY TO TRACK YOUR HABITS AND MOOD, AND FILL THEM IN HERE.

- GREAT
- GOOD
- OKAY
- _____
- _____
- HAPPY
- ANGRY
- NEUTRAL
- ANXIOUS
- SAD
- _____

MONTH AND YEAR