

MOOD TRACKER

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COLOUR CODE

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WHY SHOULD YOU TRACK YOUR MOOD?

Understanding your moods helps you manage them and feel better faster. If you are more aware of your moods, you may be able to better manage your lifestyle choices, make informed health decisions, prevent or avoid triggers of negative moods, and work towards a better quality of life.

Every day both partners fill in half of the daily square with the colour that represents your mood. Use the box above to write out your moods along with their designated colour.