



## Mood Tracker: Track Your BIG Feelings Throughout the Year

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### KEY

-  Anger
-  Surprise
-  Happiness
-  Disgust
-  Sadness
-  Fearful
-  \_\_\_\_\_
-  \_\_\_\_\_

Fill in each square with the color that represents your main feeling of the day. Reflect on patterns or insights as you go!

### Notes

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