









Mood Tracker: Track Your BIG Feelings Throughout the Week

	 ANGER	 SURPRISE	 HAPPINESS	 DISGUST	 SADNESS	 FEARFUL
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

Reflections from the Week

- Let's track your BIG feelings! Color in each emotion you felt throughout the day. If one stood out the most, mark it with an X too. Use the notes to dive deeper into what caused these feelings and how you responded. *Example: I felt angry when I was hungry.*
- Take a moment to review your week at the end—what patterns do you notice? Are there specific events or triggers tied to certain feelings?

Feelings are not facts. Just because you feel something negative about yourself doesn't mean it's true.