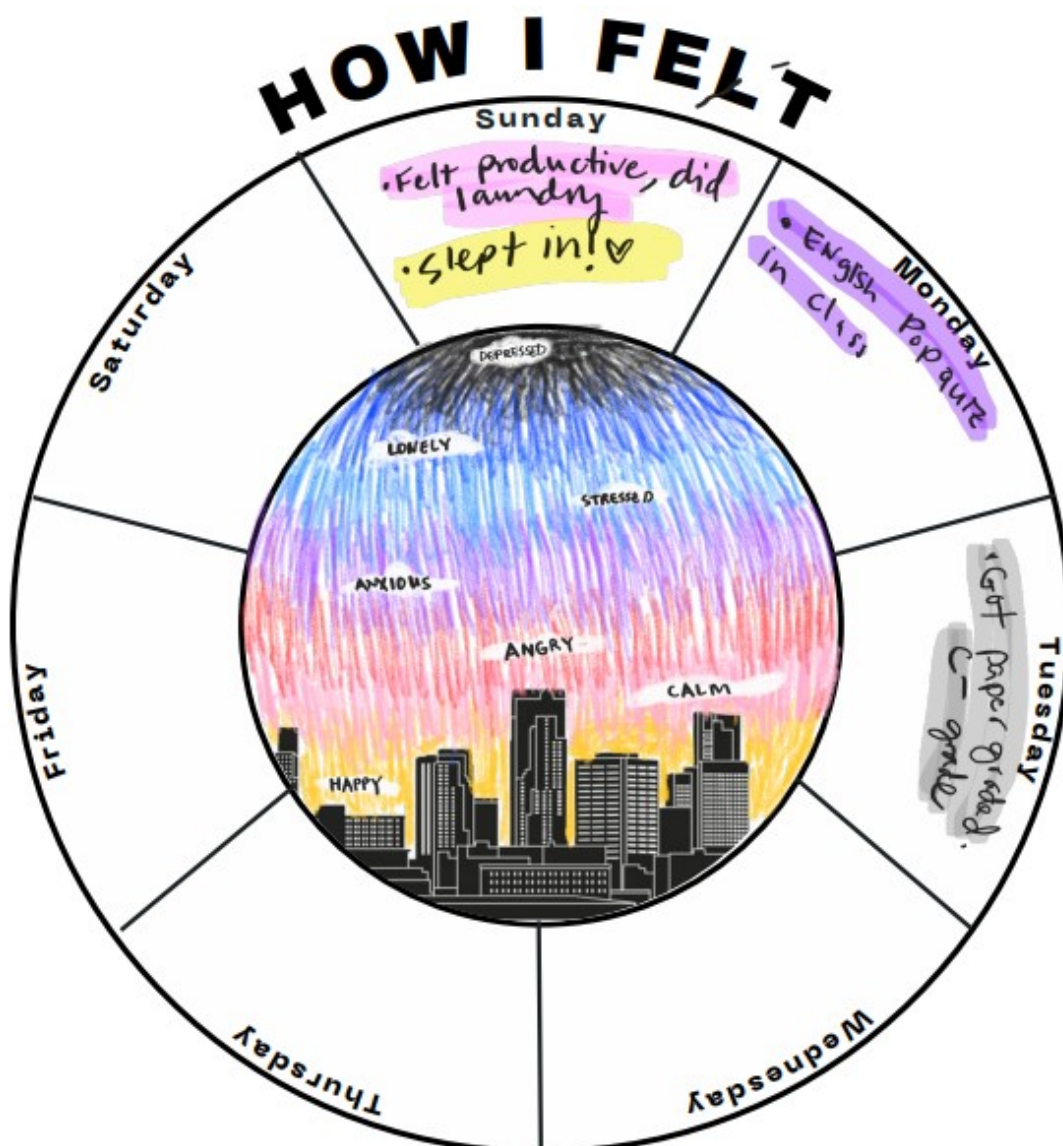


Read Brave Mood Tracker Instructions

This mood tracker is a tool that helps break down your complex daily emotions to better understand the impact of stress triggers and self-care.

1. Decide which emotions you would like to track and assign colors to the emotions. Decorate the city sky to show a color spectrum of emotions unique to you.
2. Take a moment each day to express how you felt throughout the day.
3. Use your color spectrum to create a visual at-a-glance tracker by color coding what you wrote.





MY WEEKLY MOOD TRACKER

1. Decide which emotions you would like to track and assign colors to the emotions. Decorate the city sky to show a color spectrum of emotions unique to you.
2. Take a moment each day to express how you felt throughout the day.
3. Use your color spectrum to create a visual at-a-glance tracker by color coding what you wrote.

HOW I FELT

The mood tracker is a large circle divided into seven equal segments by radial lines. The days of the week are labeled around the perimeter of the circle: Sunday (top), Monday (top-right), Tuesday (right), Wednesday (bottom-right), Thursday (bottom), Friday (bottom-left), and Saturday (left). In the center of the circle is a silhouette of a city skyline with several skyscrapers of varying heights and shapes.