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

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