

Year in Pixels · Mood Tracker

Year: _____

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

Color key

Color each swatch with the pen or pencil you will use for that mood.

☐ Great

☐ Good

☐ Okay

☐ Low

☐ Rough

☐ Anxious

☐ Tired

Notes

Each evening, color today's square with the one mood that best sums up the day. By December you'll have a picture of your whole year.