

A circular weekly mood tracker chart. The outer ring is divided into seven segments for the days of the week: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. The inner rings are divided into four segments for the time of day: Morning, Afternoon, Evening, and Weather. The center of the chart is a circle with four concentric rings, each labeled with a temperature range: 100+, 80-99, 60-79, 40-59, 20-39, and Below 19.

- ☐ Great
- ☐ Good
- ☐ Okay
- ☐ Down
- ☐ Depressed
- ☐ Anxious

Weekly Mood Tracker

- ☐ Sunny
- ☐ Partially Sunny
- ☐ Cloudy

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- ☐ 100 +
- ☐ 80-99
- ☐ 60-79
- ☐ 40-59
- ☐ 20-39
- ☐ Below 19

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