Start Here

Your free colour-in mood tracker pack.

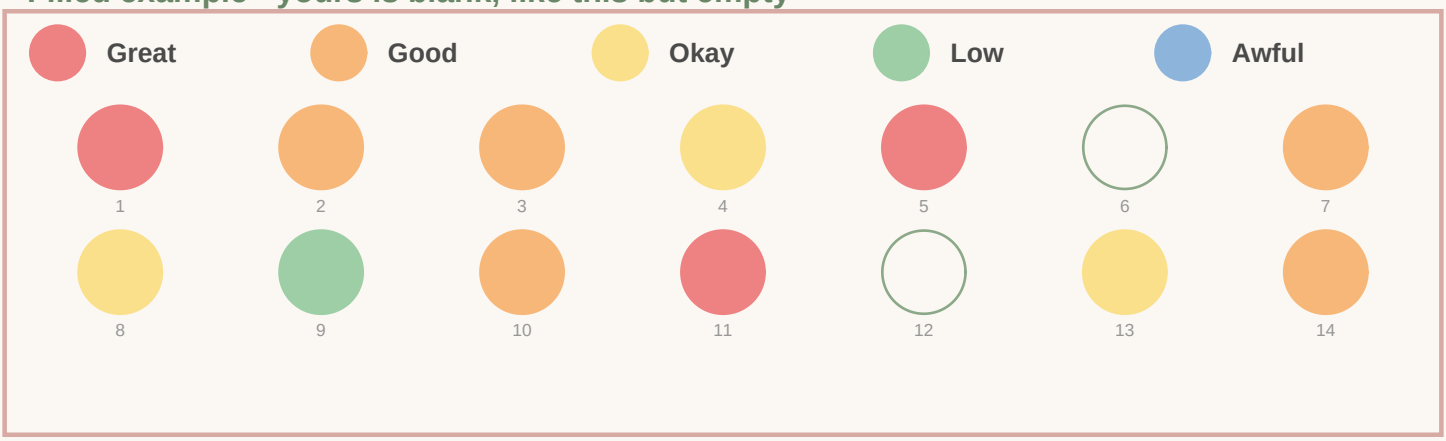
How to print

1. Open the file for your paper: this pack comes in US Letter and A4.
2. In the print dialog choose 'Actual size' or 100% scale - never 'Fit to page'.
3. Short on ink? Print the black & white pages at the back of this pack instead.

What's inside

Page 2: the colour-in mood month, with room for notes & patterns.
Page 3: a black & white outline version - colour it your own way.

Filled example - yours is blank, like this but empty



A filled example - the pages after this one are blank, ready for your colours.

Mood Tracker

One colour for every day of the month.

Great Good Okay Low Awful

Use these colours - or pick your own.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

MON	TUE	WED	THU	FRI	SAT	SUN
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				

Notes & patterns

This month I noticed...

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Notes & patterns

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Keep Going, Gently

Small steps every day.

Enjoying your Mood Tracker?

This free pack is one piece of the Tick & Bloom printable family. The full Wellness Bundle brings all of it together in matching Letter + A4 packs:

- Weekly Planner Pack
- Daily Planner Pack
- Budget Tracker Pack
- Meal Planner + Grocery List
- Colour-In Mood Tracker
- Sleep Log with Pattern Tracker

Find every pack at tickandbloom.com - and pin your favourite pages so other gentle planners can find them too.

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