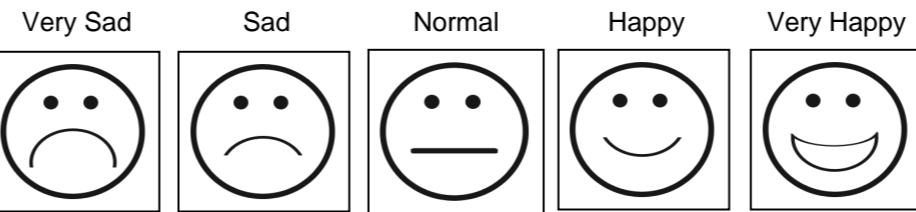


Mood



Date	Day	Exercise Type & Duration	Very Sad	Sad	Normal	Happy	Very Happy	Notes
1			M() E()	M() E()	M() E()	M() E()	M() E()	
2			M() E()	M() E()	M() E()	M() E()	M() E()	
3			M() E()	M() E()	M() E()	M() E()	M() E()	
4			M() E()	M() E()	M() E()	M() E()	M() E()	
5			M() E()	M() E()	M() E()	M() E()	M() E()	
6			M() E()	M() E()	M() E()	M() E()	M() E()	
7			M() E()	M() E()	M() E()	M() E()	M() E()	
8			M() E()	M() E()	M() E()	M() E()	M() E()	
9			M() E()	M() E()	M() E()	M() E()	M() E()	
10			M() E()	M() E()	M() E()	M() E()	M() E()	
11			M() E()	M() E()	M() E()	M() E()	M() E()	
12			M() E()	M() E()	M() E()	M() E()	M() E()	
13			M() E()	M() E()	M() E()	M() E()	M() E()	
14			M() E()	M() E()	M() E()	M() E()	M() E()	
15			M() E()	M() E()	M() E()	M() E()	M() E()	
16			M() E()	M() E()	M() E()	M() E()	M() E()	
17			M() E()	M() E()	M() E()	M() E()	M() E()	
18			M() E()	M() E()	M() E()	M() E()	M() E()	
19			M() E()	M() E()	M() E()	M() E()	M() E()	
20			M() E()	M() E()	M() E()	M() E()	M() E()	
21			M() E()	M() E()	M() E()	M() E()	M() E()	
22			M() E()	M() E()	M() E()	M() E()	M() E()	
23			M() E()	M() E()	M() E()	M() E()	M() E()	
24			M() E()	M() E()	M() E()	M() E()	M() E()	
25			M() E()	M() E()	M() E()	M() E()	M() E()	
26			M() E()	M() E()	M() E()	M() E()	M() E()	
27			M() E()	M() E()	M() E()	M() E()	M() E()	
28			M() E()	M() E()	M() E()	M() E()	M() E()	
29			M() E()	M() E()	M() E()	M() E()	M() E()	
30			M() E()	M() E()	M() E()	M() E()	M() E()	
31			M() E()	M() E()	M() E()	M() E()	M() E()	

Day of Week

What did you do for exercise and how long did it take.

Choose your mood and check box M (Morning) or E (Evening).

Notes on how or why you felt that way.

Use this chart to track your mood over time. Take notes if there are certain days or circumstances (such as exercising or not exercising) that make your mood better or worse. If you are starting medication, use the NOTES field to track your dosage.