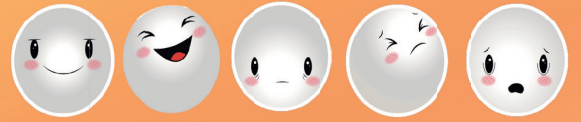


# Weekly Mood Tracker

Date \_\_\_\_\_

## This Week's Feeling



Where I was?

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## This weeks feelings?

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

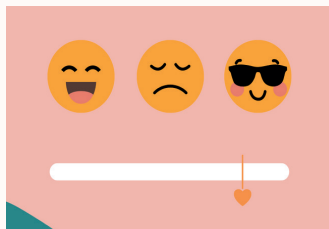
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Saturday

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Sunday

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## What I Feel Grateful for

1.

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2.

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3.

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## Why I chose this emoji?

1.

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2.

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3.

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## Things I Could do Better



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## Self Reflection

