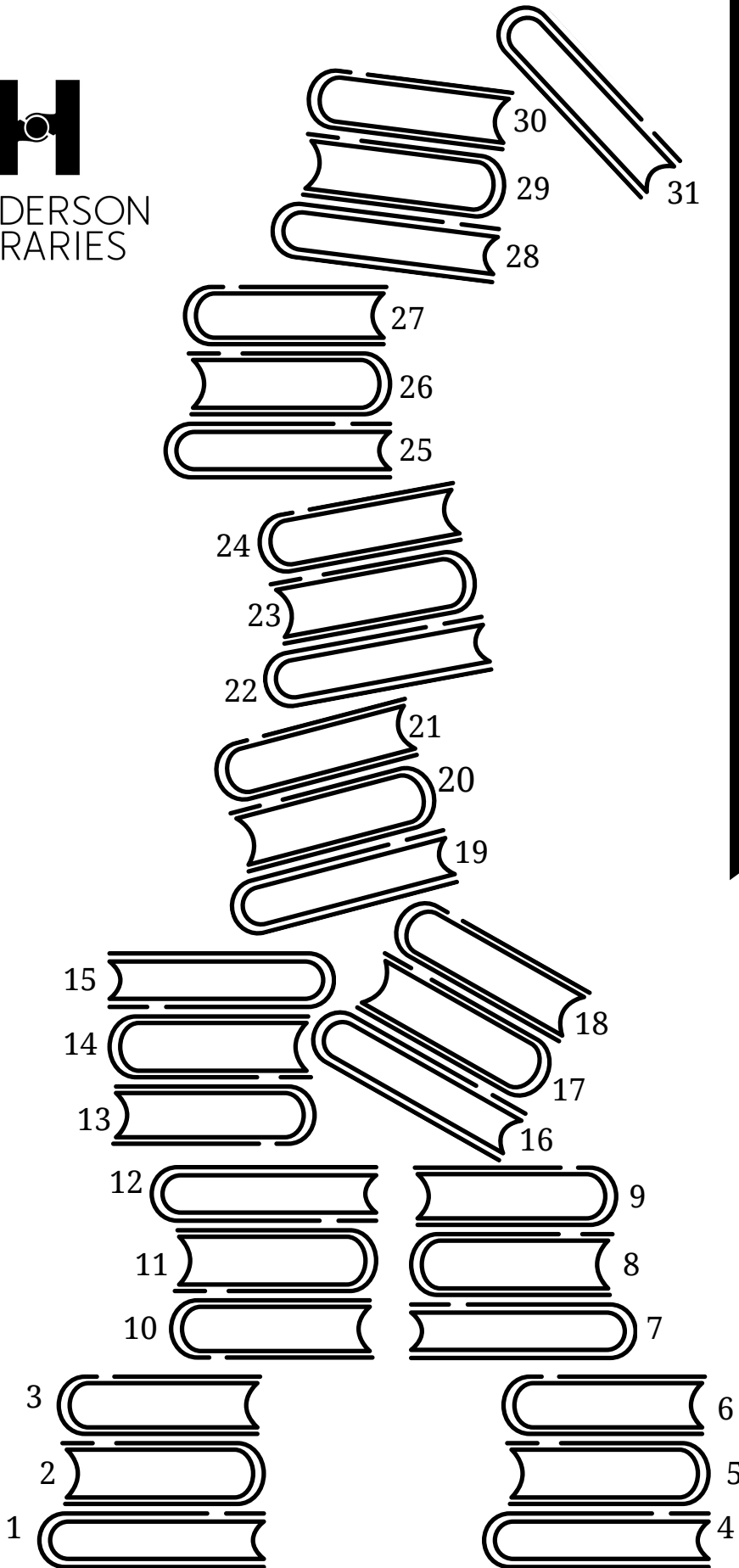




HENDERSON  
LIBRARIES



## HOW TO USE

Improve your mental health by tracking your daily moods!

Choose colors to represent the moods below. For each book, mark the mood you felt for the majority of that day.

Track just your basic moods or all your feelings. Have fun!

## MOODS

### BASIC

- Happy
- Average
- Sad

### MORE

- Energetic
- Tired
- Productive
- Distracted
- Anxious
- Calm

# DAILY MOOD TRACKER