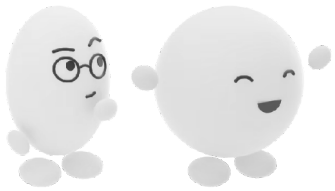
MOOD QUILT

My month

Each evening, colour in the day's square with how it felt. A day with two feelings can have two colours.

Month _____

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				



MY COLOURS

- ☐ Okay
- ☐ Tired
- ☐ Sad
- ☐ Overwhelmed
- ☐ Angry
- ☐ Curious
- ☐ Happy
- ☐ Loved
- ☐ Calm
- ☐ _____
- ☐ _____
- ☐ _____

WHAT STOOD OUT

_____

_____

_____

_____

Feelbits
A free feelings tracker for iPhone.
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