Emotion

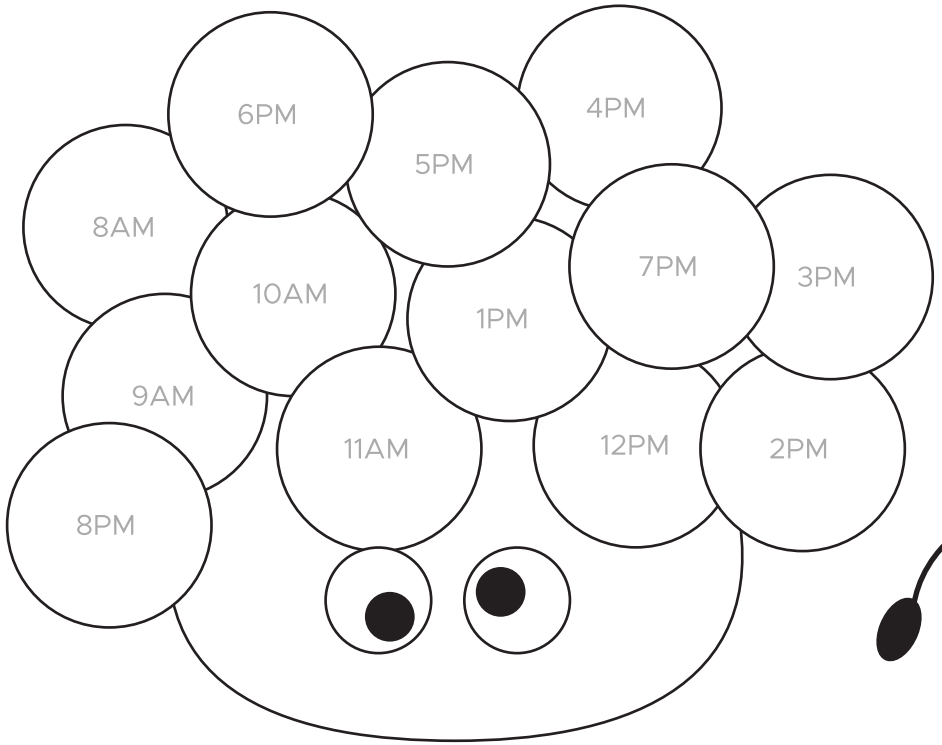
Hourly Mood Tracker

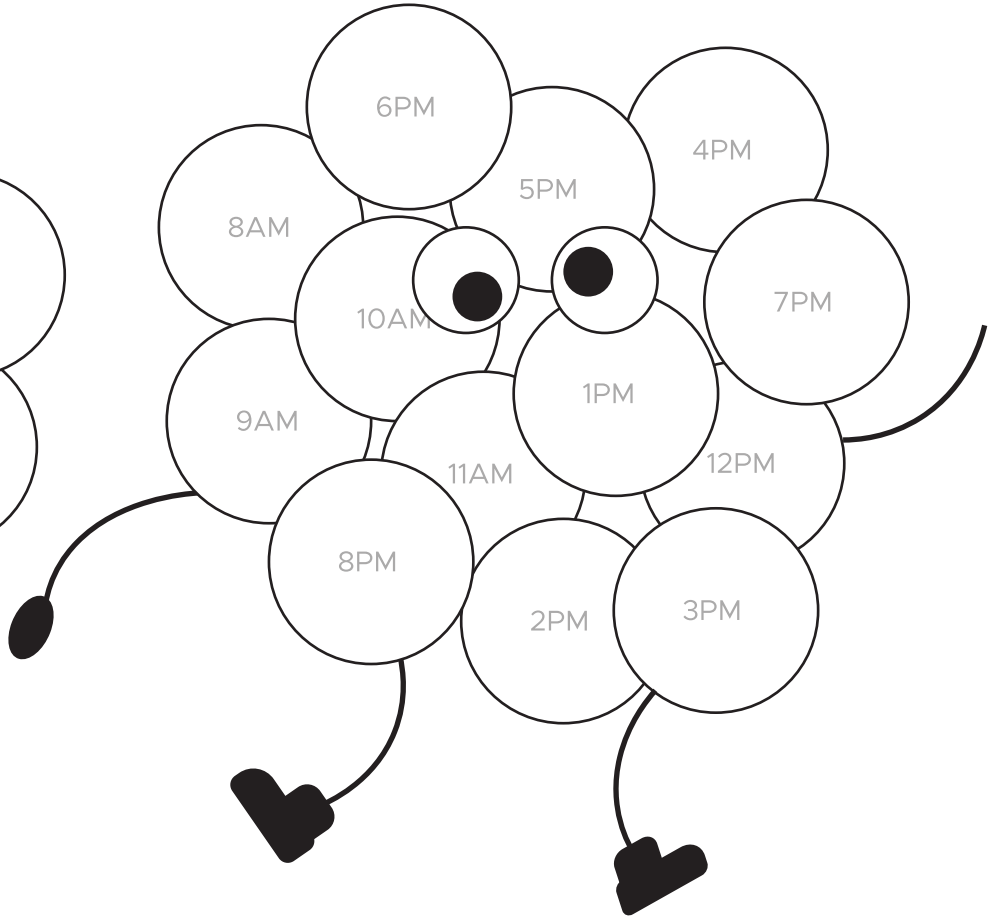
1. Assign a color to each emotion listed in the key

◯ Happy ◯ Fear ◯ Angry ◯ Surprise ◯ Sad ◯ Disgust

2. For each hour today, track your mood by coloring in the circles with the specific color associated with that emotion

Date: _____





Date: _____