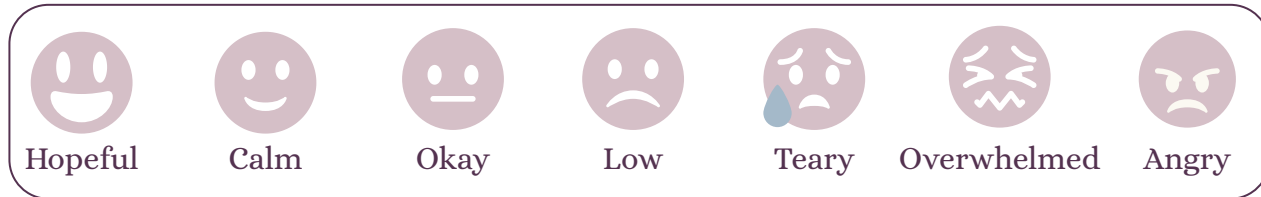


# SOLO SPIRIT

## Mood Tracker

A gentle daily check-in for noticing how you feel.



Color, check, or draw the emoji that best matches your overall mood each day.

Day	Date								One Word Check-In	Notes
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	/ /									