Mood Diary

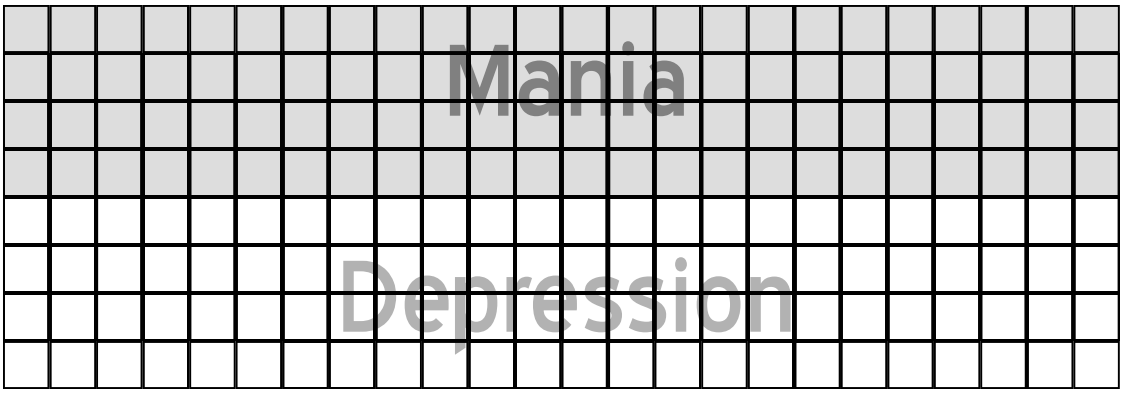
Date: _____

Daily Blurb

Daily Tracking

Overall Mood:		Hours of Sleep:	
Weather:		Exercise:	
Medications Taken:		Food Intake:	

Mood Graph:



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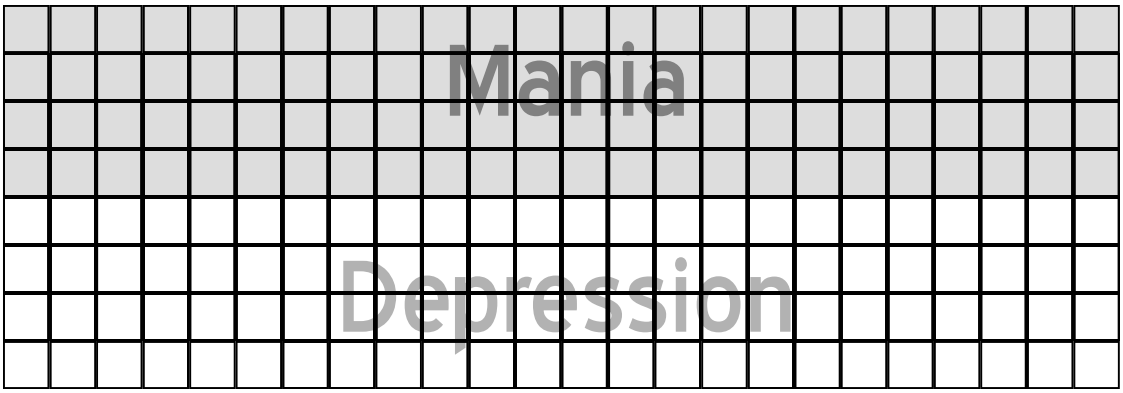
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