



# Mood Tracker



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A mood tracker grid consisting of a large rectangle divided into four horizontal sections by curved lines. The days of the month are numbered 1 through 31. A wavy line is drawn across the grid, starting at the top left and ending at the bottom right, representing a mood trend. Below the numbers, there are faint outlines of vertical bars with pointed tops, intended for marking mood levels.

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
		31	30	29	28			

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