

THE RENFREW CENTER'S *Weekly Mood Tracker*

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MOOD KEY

- Happy
- Content
- Motivated
- Neutral/Indifferent
- Relaxed
- Unmotivated
- Depressed
- Bored
- Tired/Exhausted
- Angry
- Withdrawn
- Sensitive
- Irritable
- Nervous/Anxious
- Tired/Exhausted

HOW TO USE

A Mood Tracker is an awareness tool to help you identify your moods this month. All you have to do is color in the circle that matches your mood.

Disclaimer: These are suggested moods. Feel free to remove words that don't fit your life right now and add the ones that do. This tracker does not replace therapy and is intended to supplement treatment with a qualified professional.