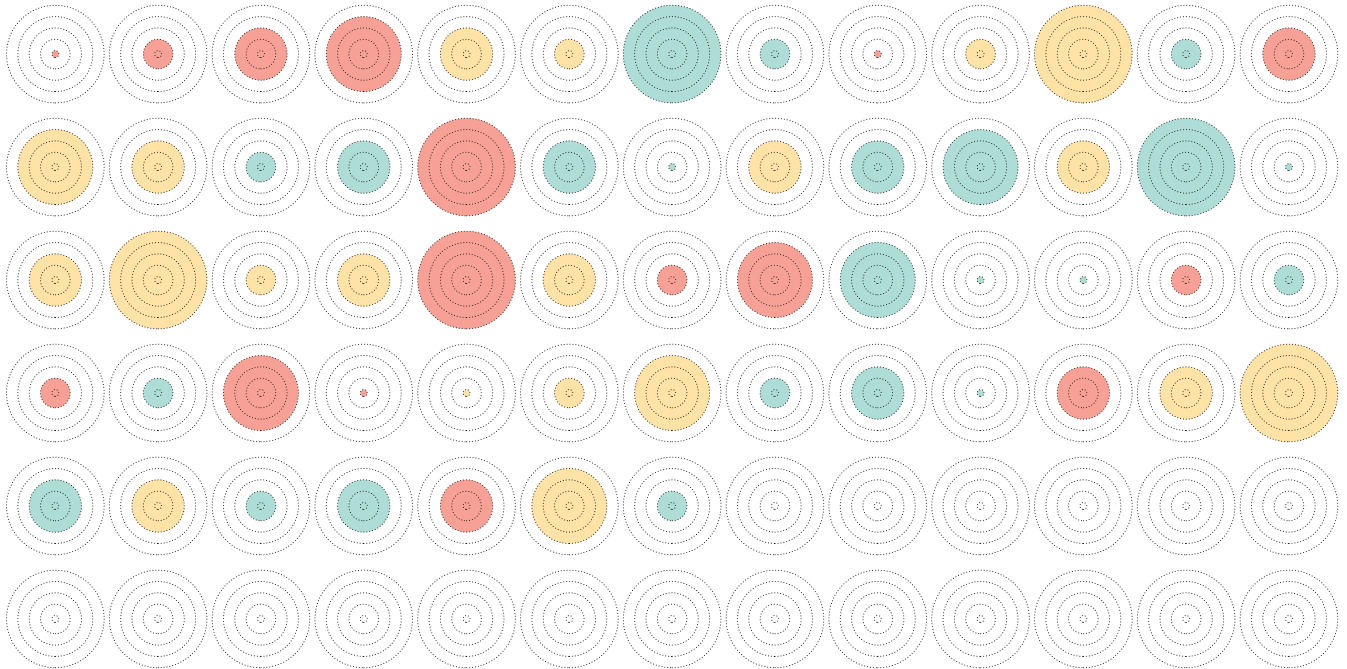


COLORS

 Running

 Stretching

 Hiking



↑ Example

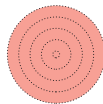


Each circle (with five nested circles) represent one day.

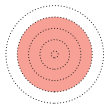


Assign different colors for what you are tracking.  
See the example above.

Track the time / intensity / duration / impact / effort , etc by coloring the equivalent amount of layers of the circle. See example below.



HIGH



HIGH-MED



MEDIUM



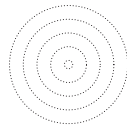
MED-LOW



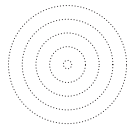
LOW

# MONTHLY TRACKER

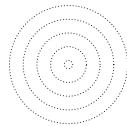
MONTH



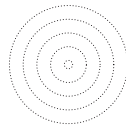
DAY 2



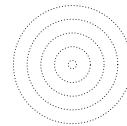
DAY 3



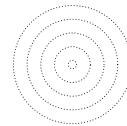
DAY 4



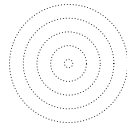
DAY 5



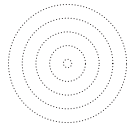
DAY 6



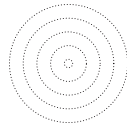
DAY 7



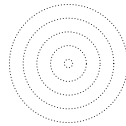
DAY 8



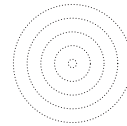
DAY 9



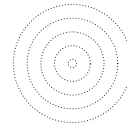
DAY 10



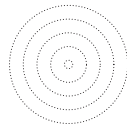
DAY 11



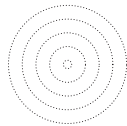
DAY 12



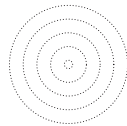
DAY 13



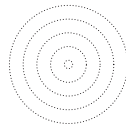
DAY 14



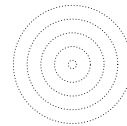
DAY 15



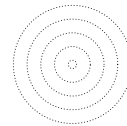
DAY 16



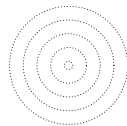
DAY 17



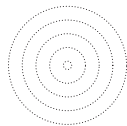
DAY 18



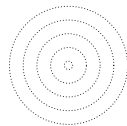
DAY 19



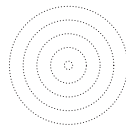
DAY 20



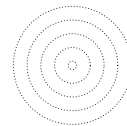
DAY 21



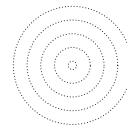
DAY 22



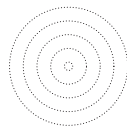
DAY 23



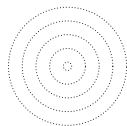
DAY 24



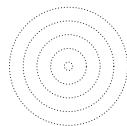
DAY 25



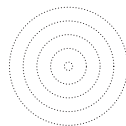
DAY 26



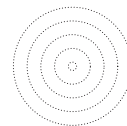
DAY 27



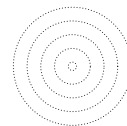
DAY 28



DAY 29



DAY 30



DAY 31

COLORS



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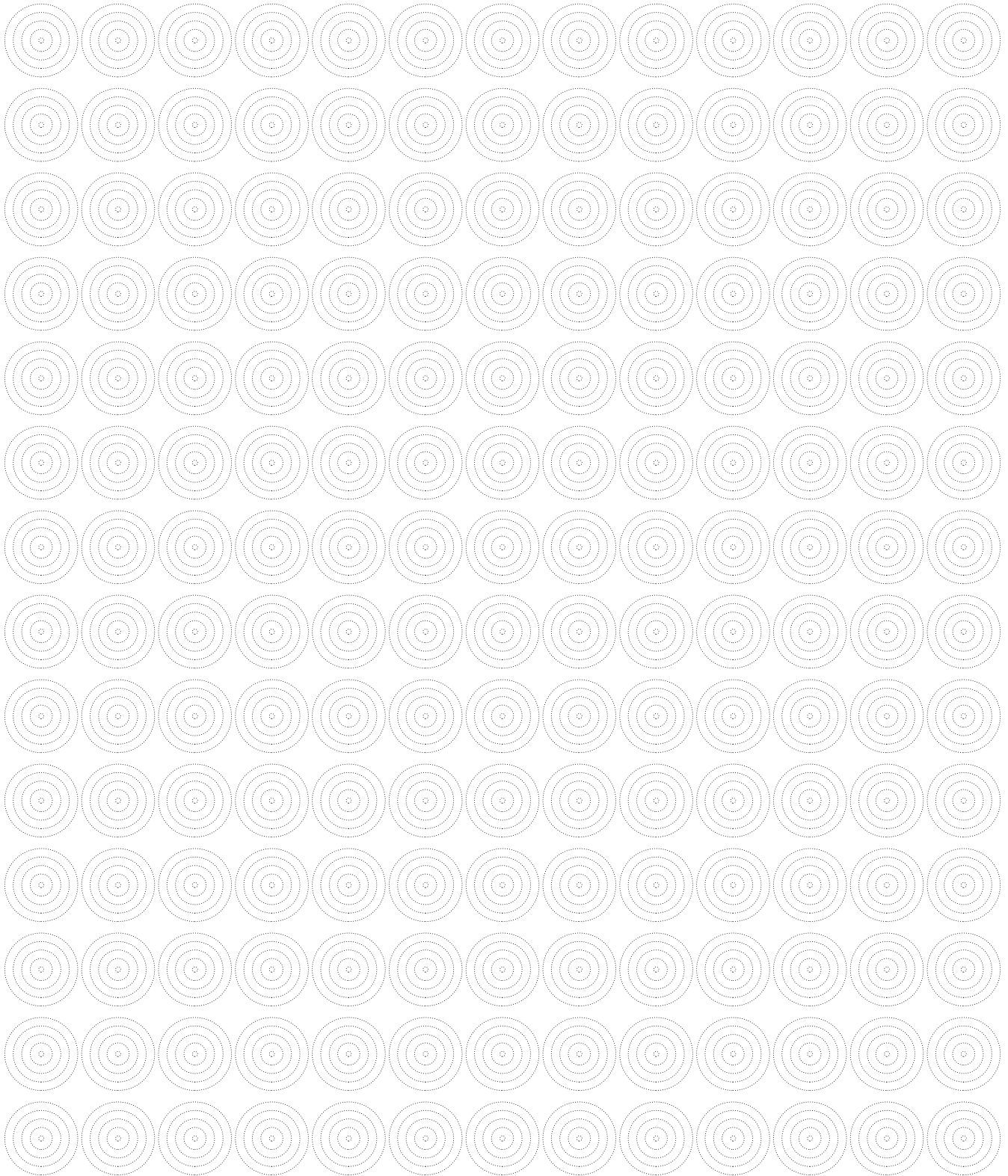
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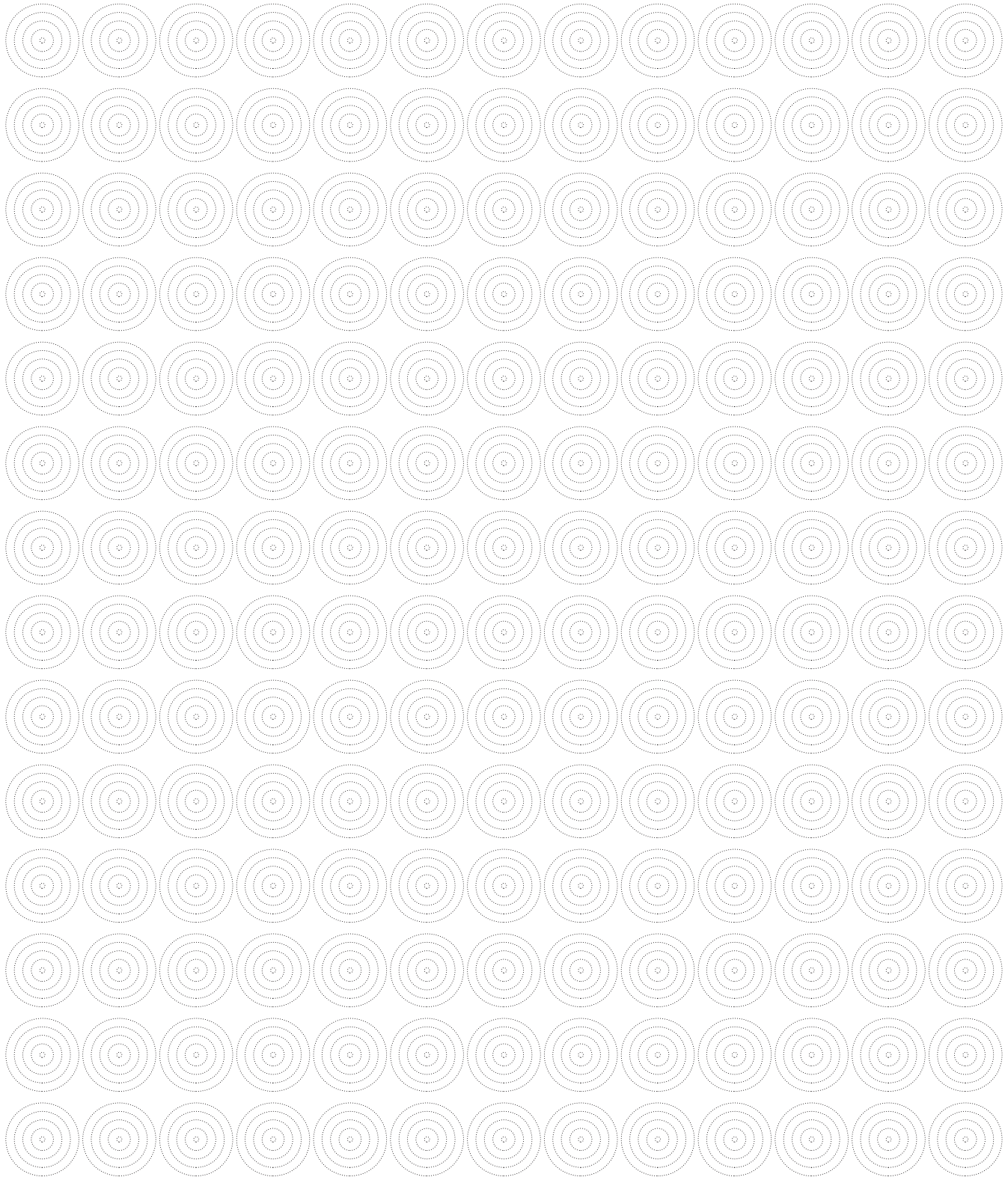


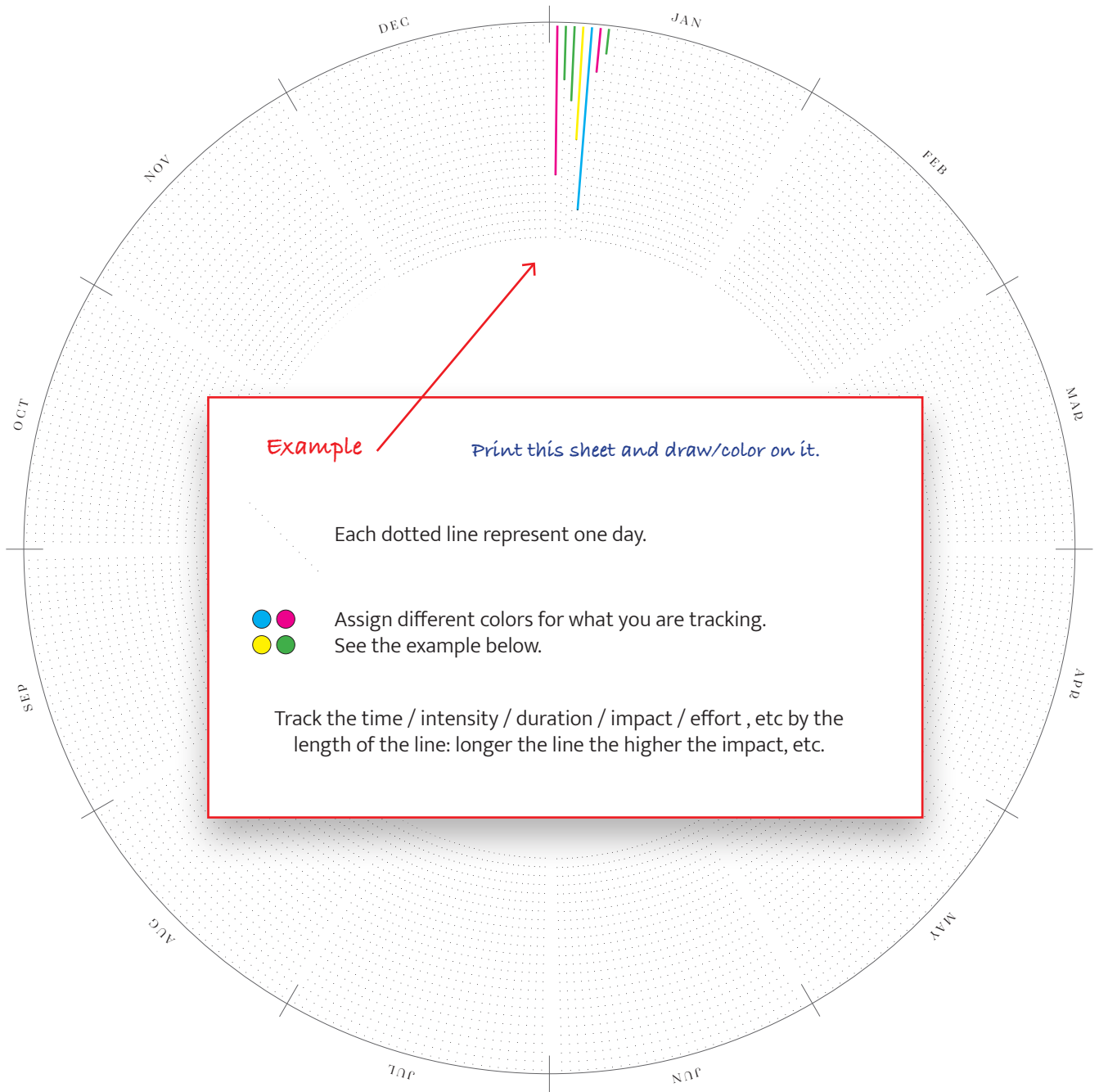
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COLORS

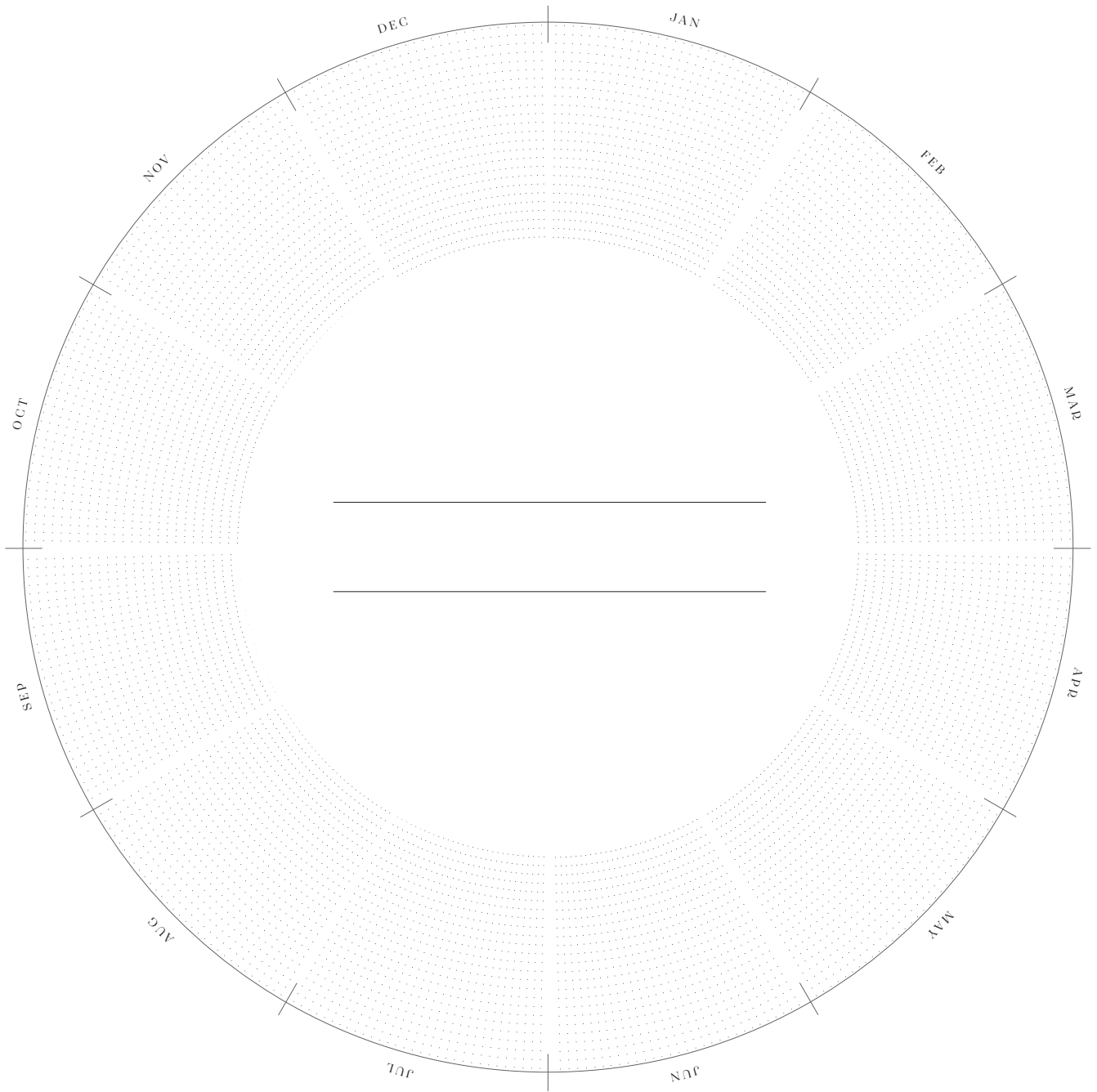
<input type="radio"/>	.....	<input type="radio"/>	.....	<input type="radio"/>	.....
<input type="radio"/>	.....	<input type="radio"/>	.....	<input type="radio"/>	.....





COLORS

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|--|---|---|
| <input checked="" type="radio"/> Journaling        | <input checked="" type="radio"/> Meditation | <input checked="" type="radio"/> Mindfulness exercise |
| <input checked="" type="radio"/> Guided relaxation | <input type="radio"/>                       | <input type="radio"/>                                 |



COLORS



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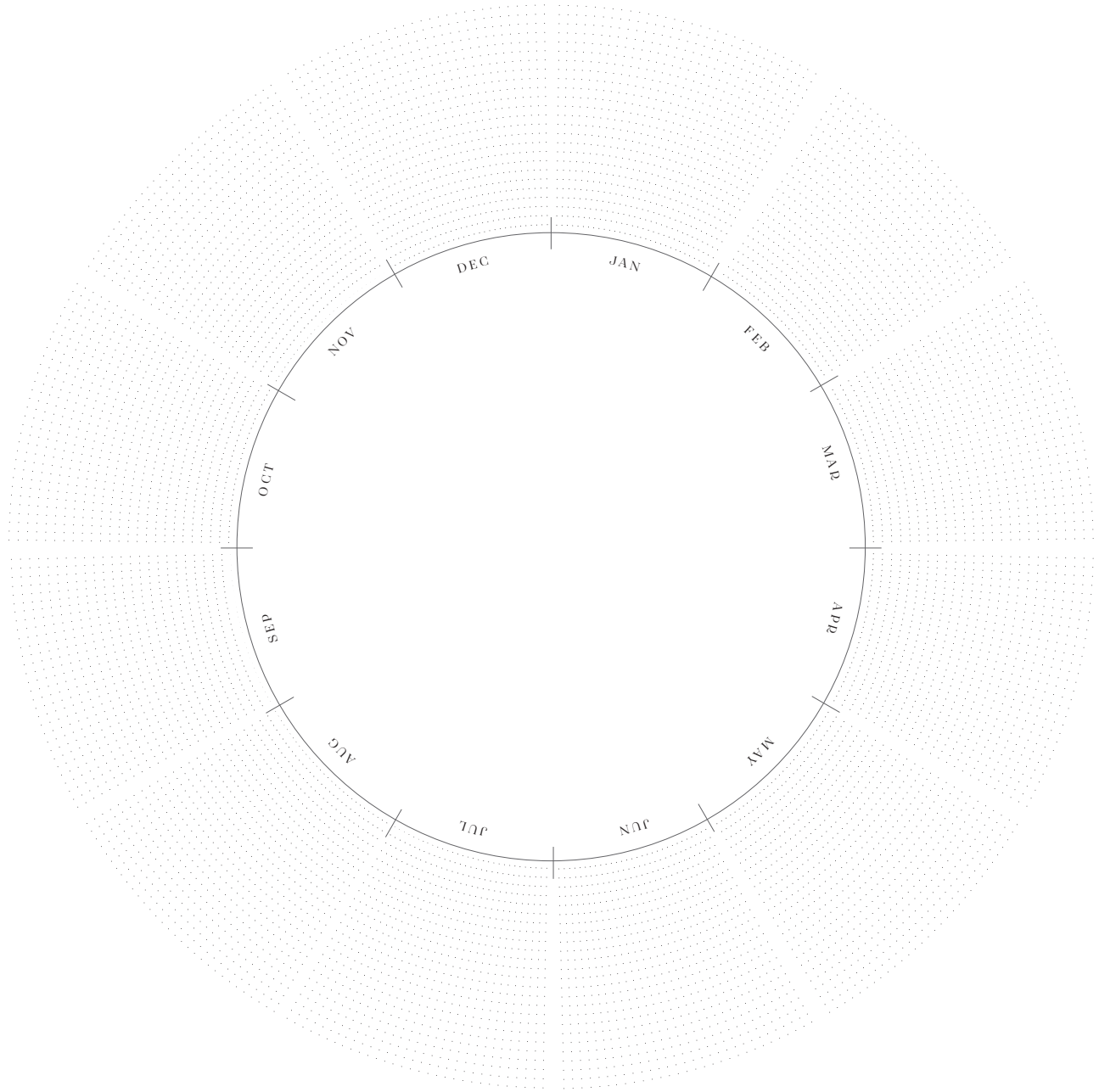
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COLORS



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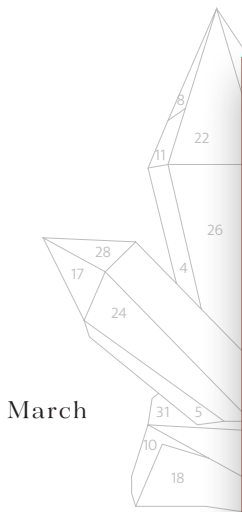
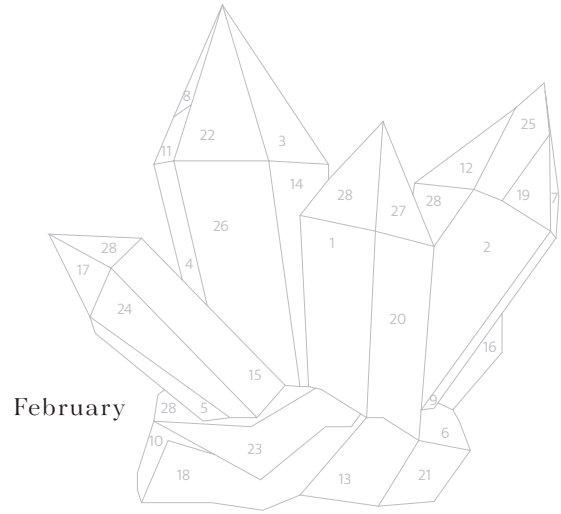
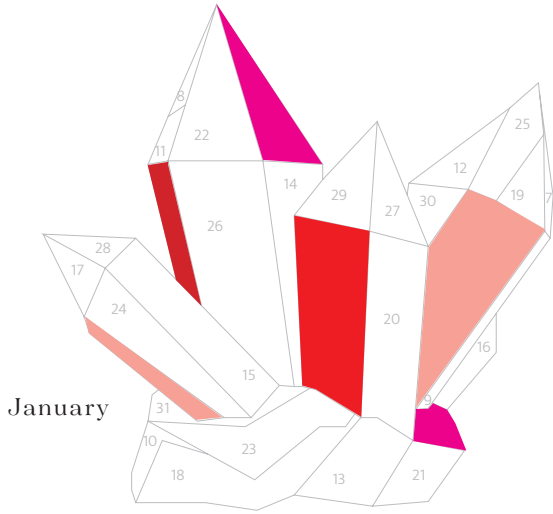


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### Mood tracker



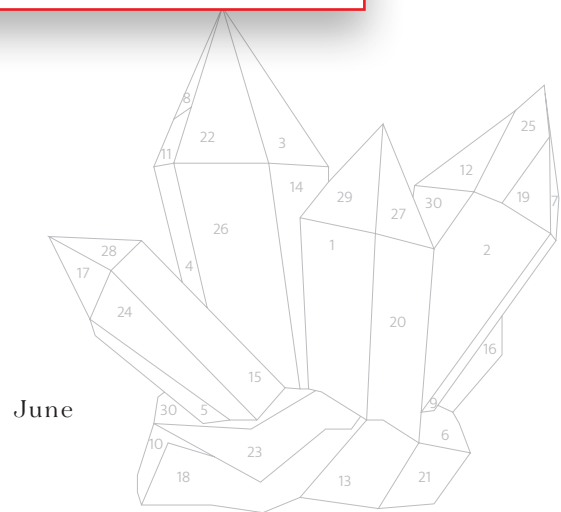
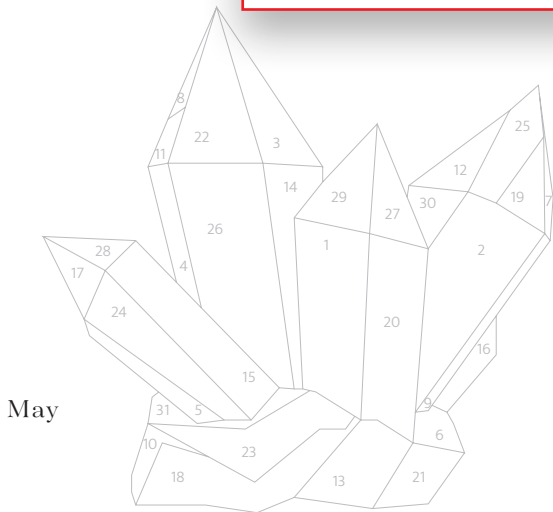
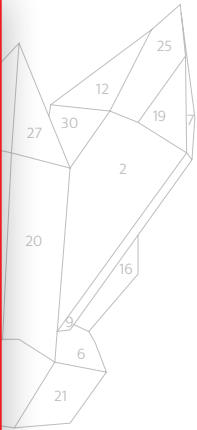
**Example** Print this sheet and draw/color on it.

Each numbered sector represent one day.

Assign different colors for what you are tracking.  
See the example below.

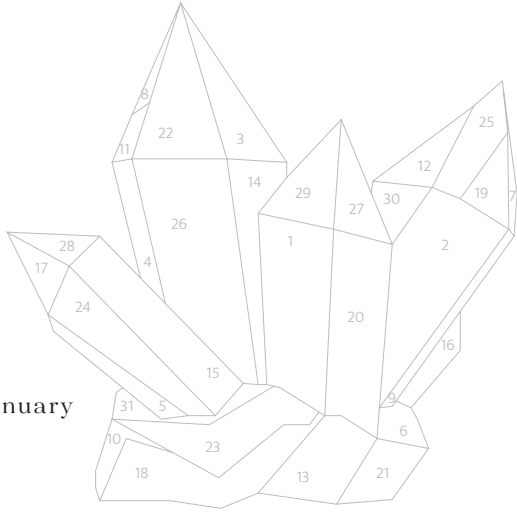
The explanation for colors are on the right page of the spread.

● Anxious      ● Frustrated      ● Calm      ● Relaxed

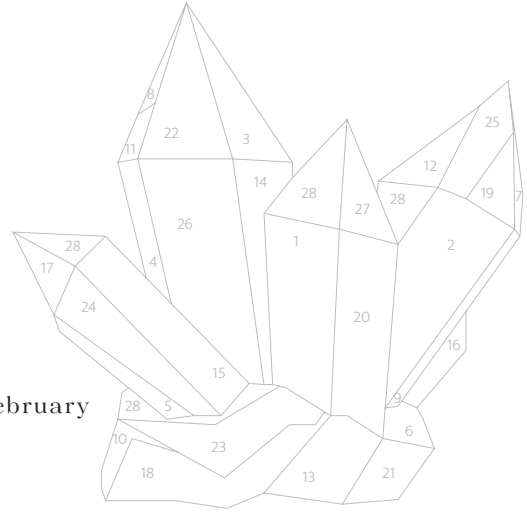




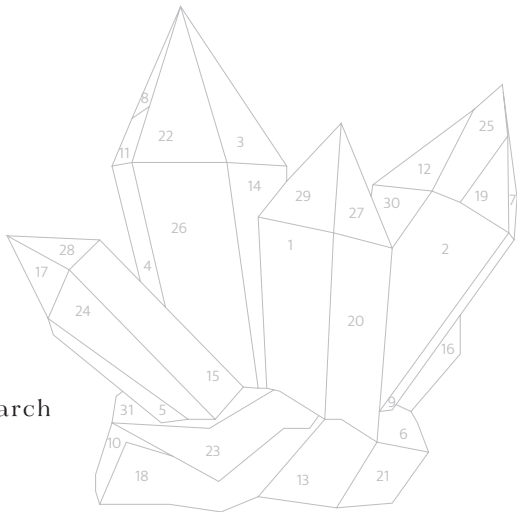
January



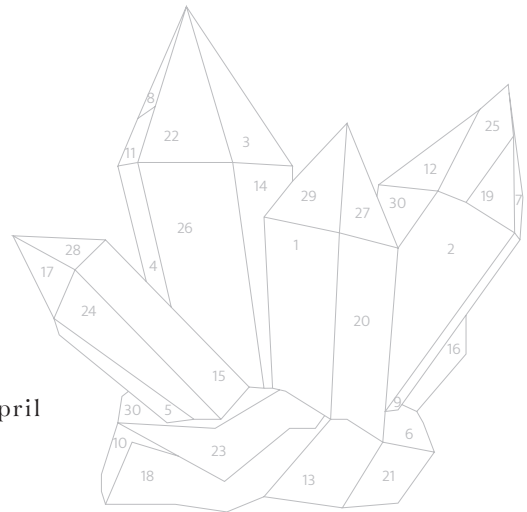
February



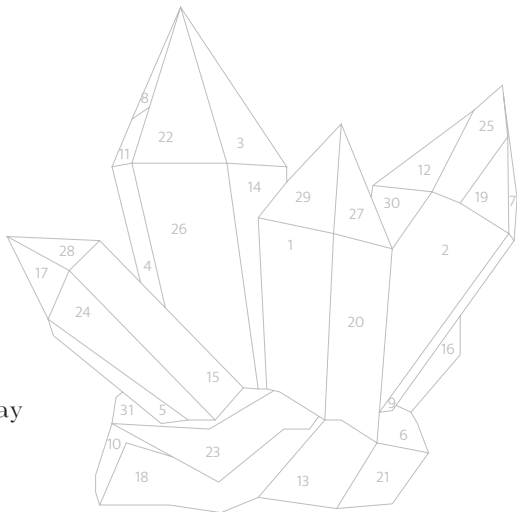
March



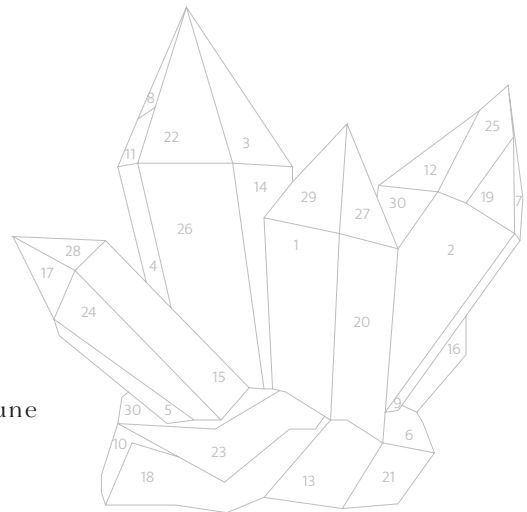
April



May



June



COLORS



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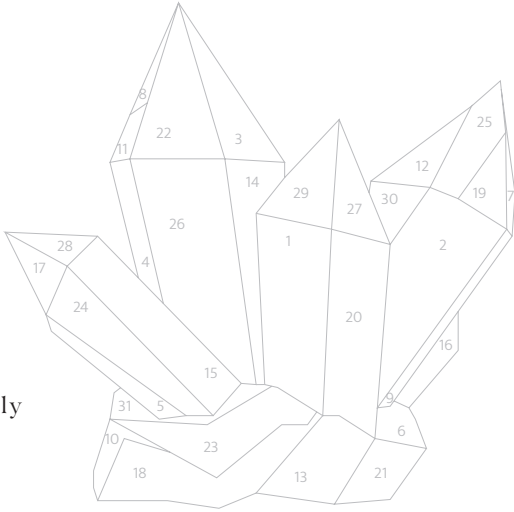


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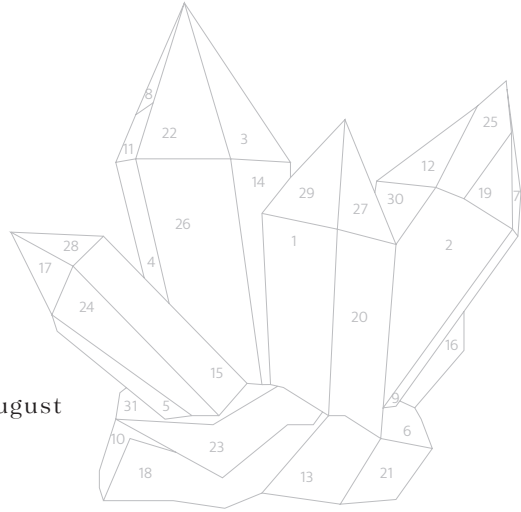


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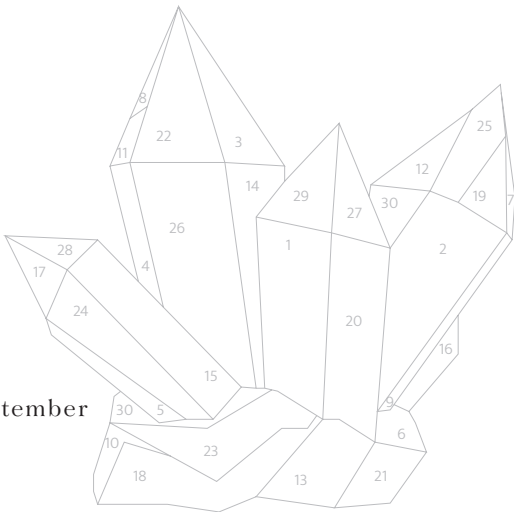
July



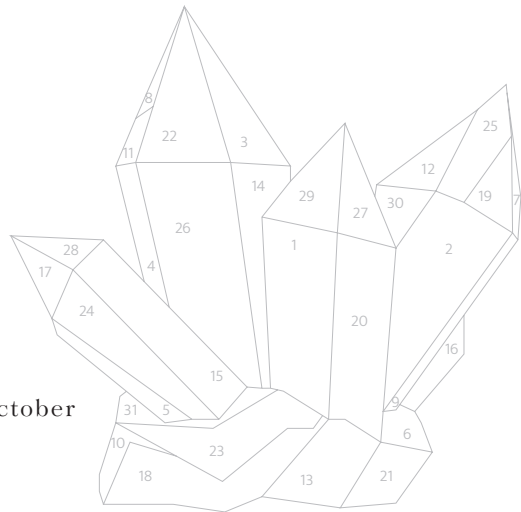
August



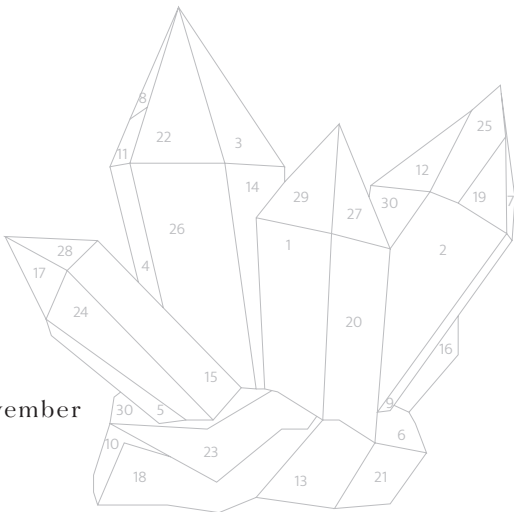
September



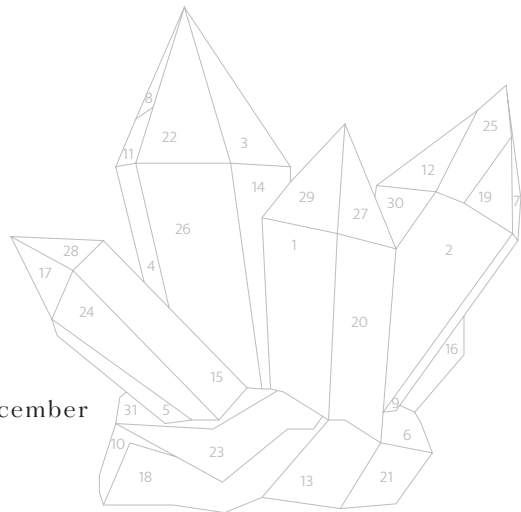
October



November



December





GOAL:

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COLOR / SYMBOL

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JANUARY  
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MARCH  
APRIL  
MAY  
JUNE  
JULY  
AUGUST  
SEPTEMBER  
OCTOBER  
NOVEMBER  
DECEMBER

COLORS / SYMBOLS



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