



Petal & Paper

YOUR FREE PRINTABLE

Mood tracker



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HOW ARE YOU FEELING?

mood tracker

Week 1 (rate 1–5 or colour each day)

Mon: ____ / 5 Feeling: _____
Tue: ____ / 5 Feeling: _____
Wed: ____ / 5 Feeling: _____
Thu: ____ / 5 Feeling: _____
Fri: ____ / 5 Feeling: _____
Sat: ____ / 5 Feeling: _____
Sun: ____ / 5 Feeling: _____

Weeks 3 & 4

Mon: ____ / 5 Feeling: _____
Tue: ____ / 5 Feeling: _____
Wed: ____ / 5 Feeling: _____
Thu: ____ / 5 Feeling: _____
Fri: ____ / 5 Feeling: _____
Sat: ____ / 5 Feeling: _____
Sun: ____ / 5 Feeling: _____

Week 2

Mon: ____ / 5 Feeling: _____
Tue: ____ / 5 Feeling: _____
Wed: ____ / 5 Feeling: _____
Thu: ____ / 5 Feeling: _____
Fri: ____ / 5 Feeling: _____
Sat: ____ / 5 Feeling: _____
Sun: ____ / 5 Feeling: _____

Monthly patterns

Best week: ____ Hardest day: _____
Mood triggers noticed: _____
Things that helped: _____