

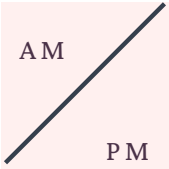
How am I feeling?



Dr Tracey Evans - Connections Health Coaching

[Book a coaching call here](#)

Weekly Mood Rating



WEEK
STARTING

MON

TUE

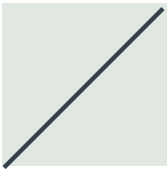
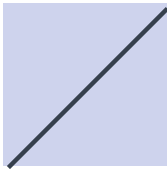
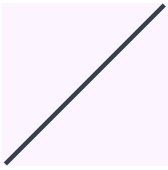
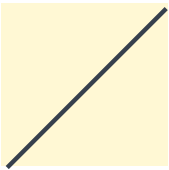
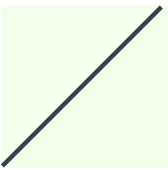
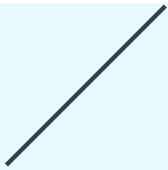
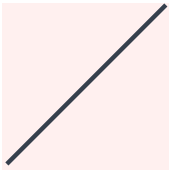
WED

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SUN



ADDITIONAL NOTES

MON

TUE

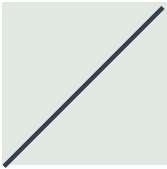
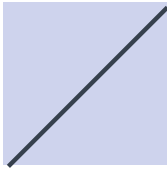
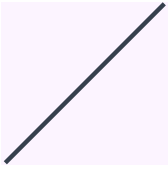
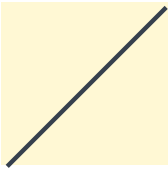
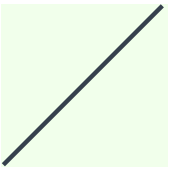
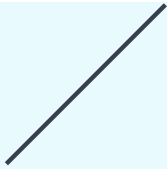
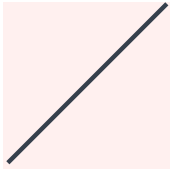
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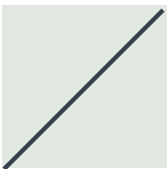
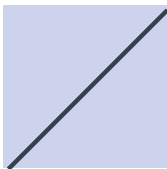
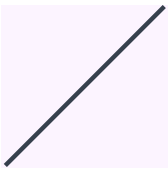
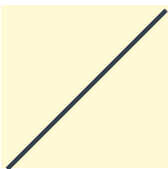
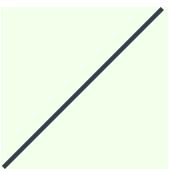
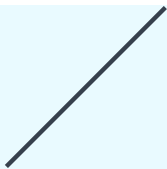
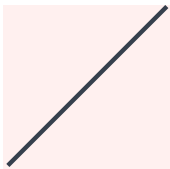
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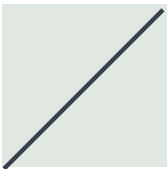
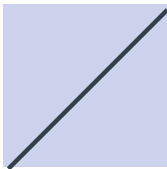
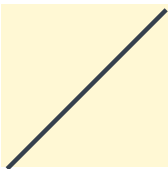
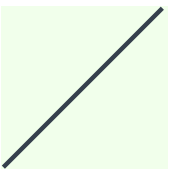
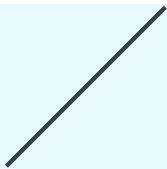
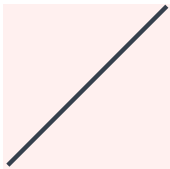
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ADDITIONAL NOTES

Reflections

What patterns did I notice as the week/month progressed?

Were there any significant events that affected my mood?

What areas can I work on to improve my mood? (i.e. sleep, reduce stressors, self-care, exercise?)
