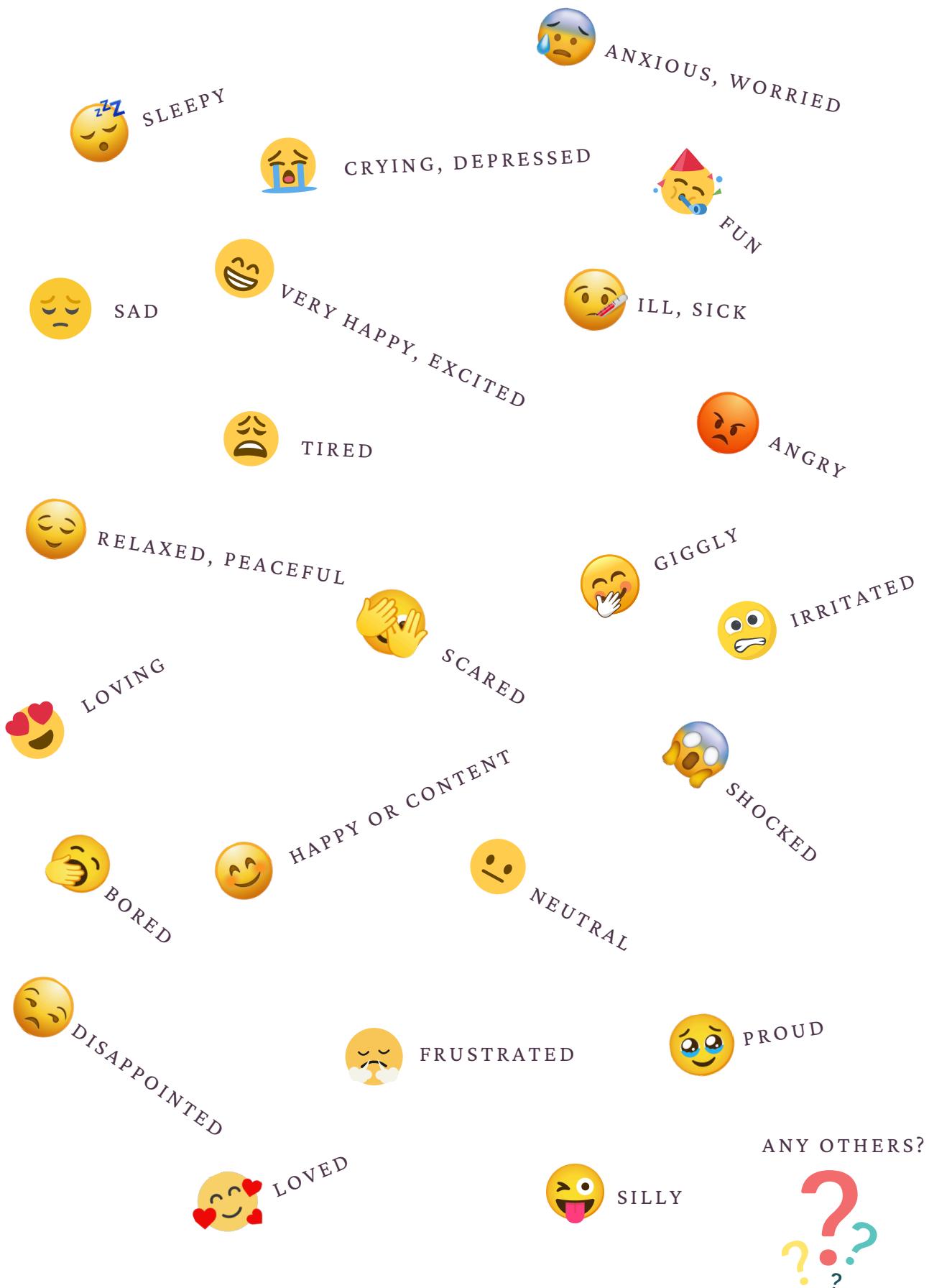


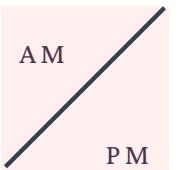
How am I feeling?



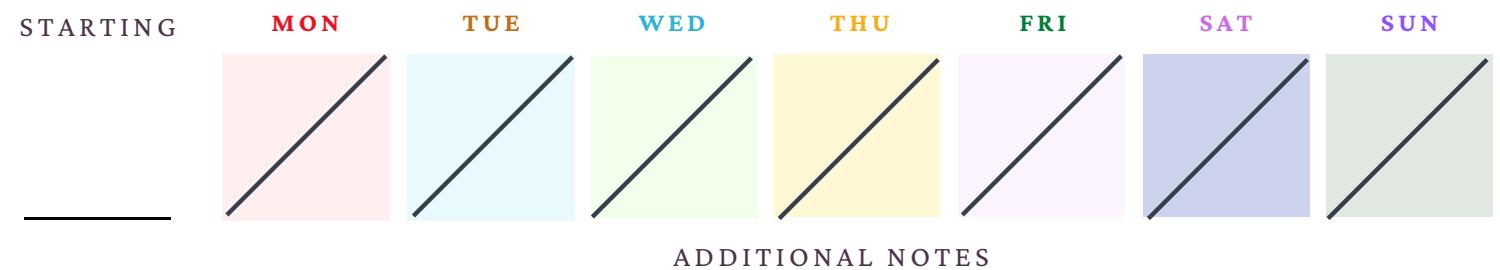
Dr Tracey Evans - Connections Health Coaching

[Book a coaching call here](#)

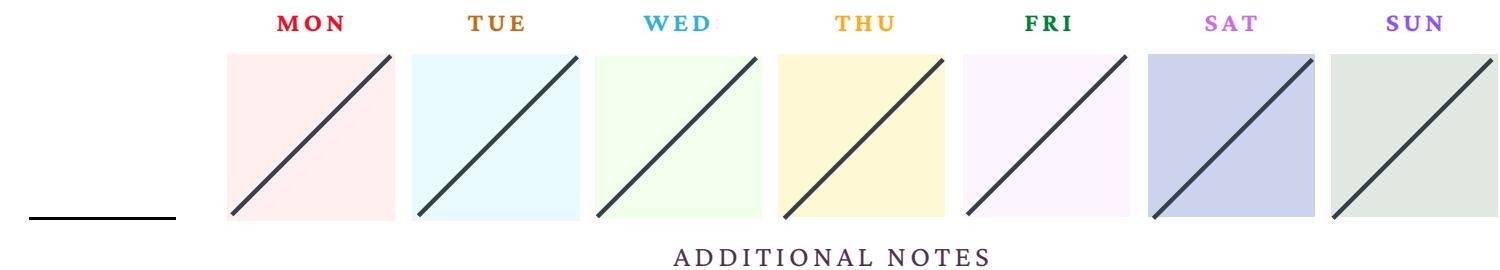
Weekly Mood Rating



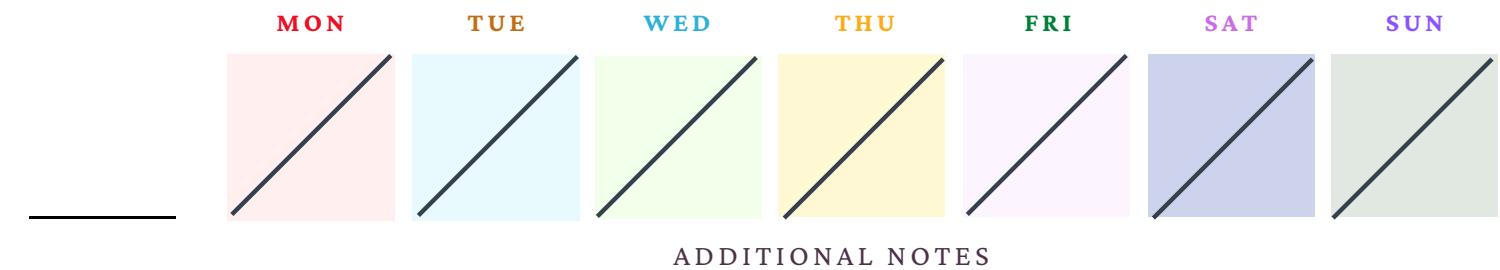
WEEK
STARTING



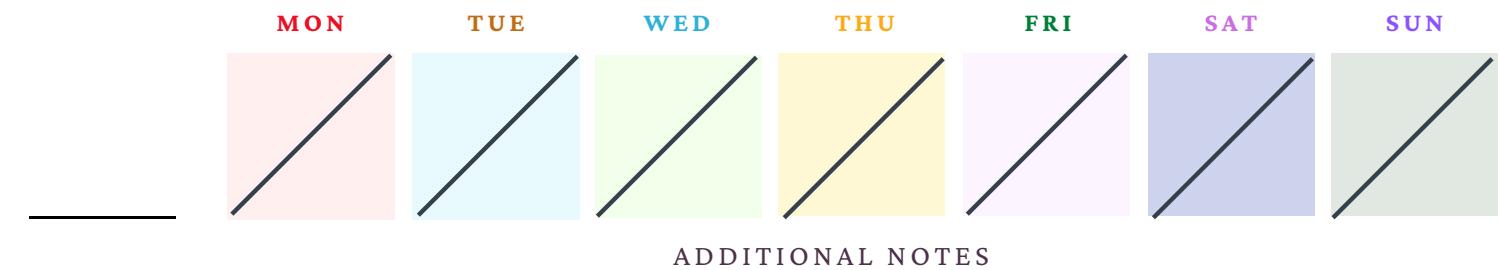
ADDITIONAL NOTES



ADDITIONAL NOTES



ADDITIONAL NOTES



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?)
