

Mood Journal & Tracker

90 days of mood, energy and sleep check-ins

PRINTABLE & FILLABLE PDF · US LETTER

Undated · Digital Store XXL · 2026

01 Check in for 5 minutes a day

02 Color your year in pixels

03 Notice what helps you

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Click any item to jump there.

How to use	Year in pixels	My toolbox	Day 1	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	Monthly reflection 1	Day 31	Day 32
Day 33	Day 34	Day 35	Day 36	Day 37	Day 38
Day 39	Day 40	Day 41	Day 42	Day 43	Day 44
Day 45	Day 46	Day 47	Day 48	Day 49	Day 50
Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Day 57	Day 58	Day 59	Day 60	Monthly reflection 2	Day 61
Day 62	Day 63	Day 64	Day 65	Day 66	Day 67
Day 68	Day 69	Day 70	Day 71	Day 72	Day 73
Day 74	Day 75	Day 76	Day 77	Day 78	Day 79
Day 80	Day 81	Day 82	Day 83	Day 84	Day 85
Day 86	Day 87	Day 88	Day 89	Day 90	Monthly reflection 3

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Year in pixels

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
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Legend: 1 = very low · 2 = low · 3 = okay · 4 = good · 5 = great (or use colors)