

ROLLERCOASTER TRACKER

Observe your mood, emotions and feelings.
Record all of your observations below.

month:

Emotions and feelings

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Happy																															
Relaxed																															
Angry																															
Sadness																															
Grateful																															
Loved																															
Excited																															
Tired																															
Stressed																															
Anxious																															
Normal																															

Physical state

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sleep																															
Physical Activity																															
Nutrition																															
Hobby																															

Key:

