## How Do I Feel Today?

|           | Нарру | Mad | Nervous | Unsure | Sad |
|-----------|-------|-----|---------|--------|-----|
| Sunday    |       |     |         |        |     |
| Monday    |       |     |         |        |     |
| Tuesday   |       |     |         |        |     |
| Wednesday |       |     |         |        |     |
| Thursday  |       |     |         |        |     |
| Friday    |       |     |         |        |     |
| Saturday  |       |     |         |        |     |