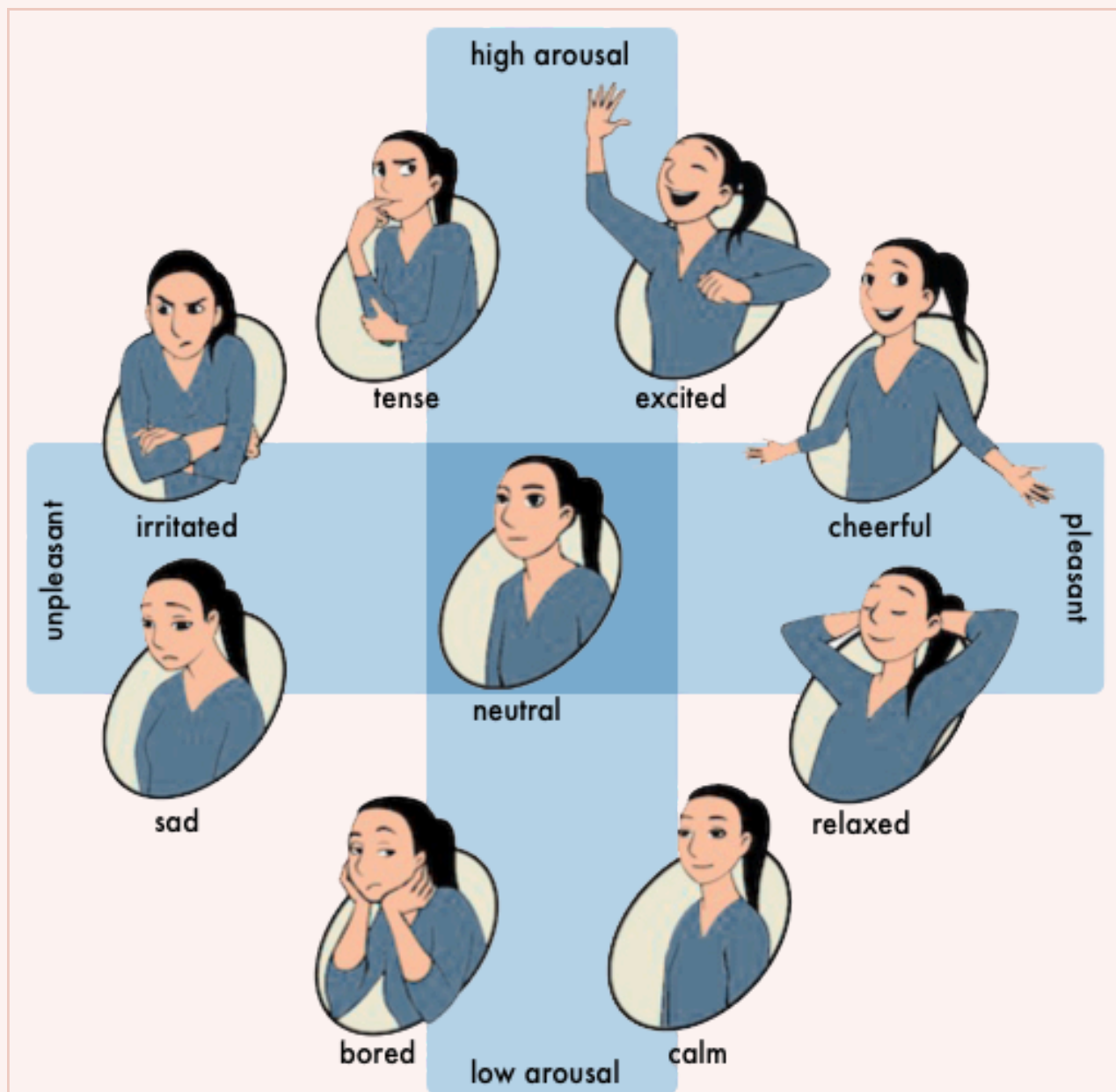




mood tracker.

A monthly visual diary for emotional patterns,
triggers and nervous system signals

ME vs ME

ME vs ME

A crossword puzzle grid with 31 numbered starting points. The grid is composed of light beige squares with dark blue borders. Numbers 1 through 31 are placed in the starting squares of the words.

○ Happy

● Neutral

● Sad

This month I mostly feel

because

mood tracker.

ME vs ME

January

DATE

MOOD INFLUENCES

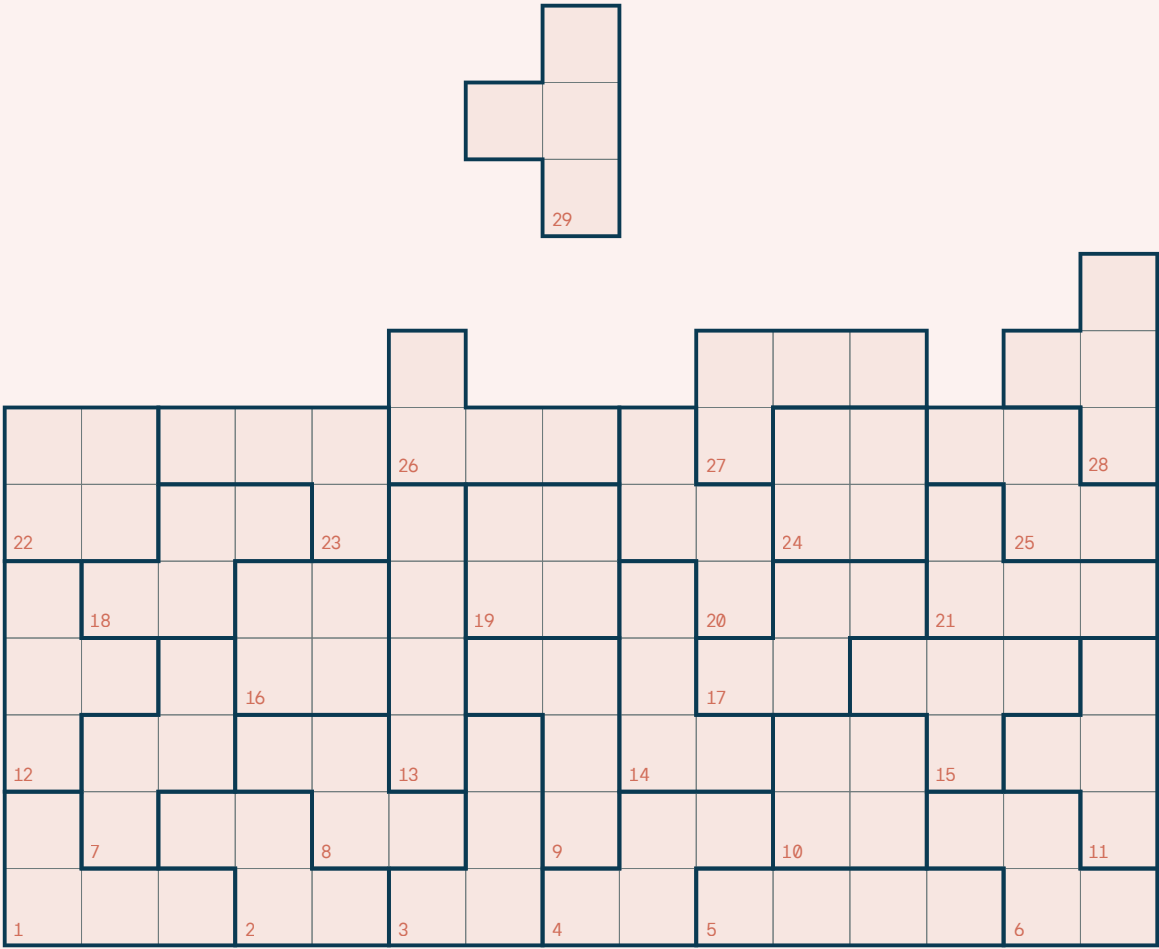
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NOTES

mood tracker.

ME vs ME

February



Happy



Neutral



Sad

This month I mostly feel _____

because _____

mood tracker.

ME vs ME

February

DATE

MOOD INFLUENCES

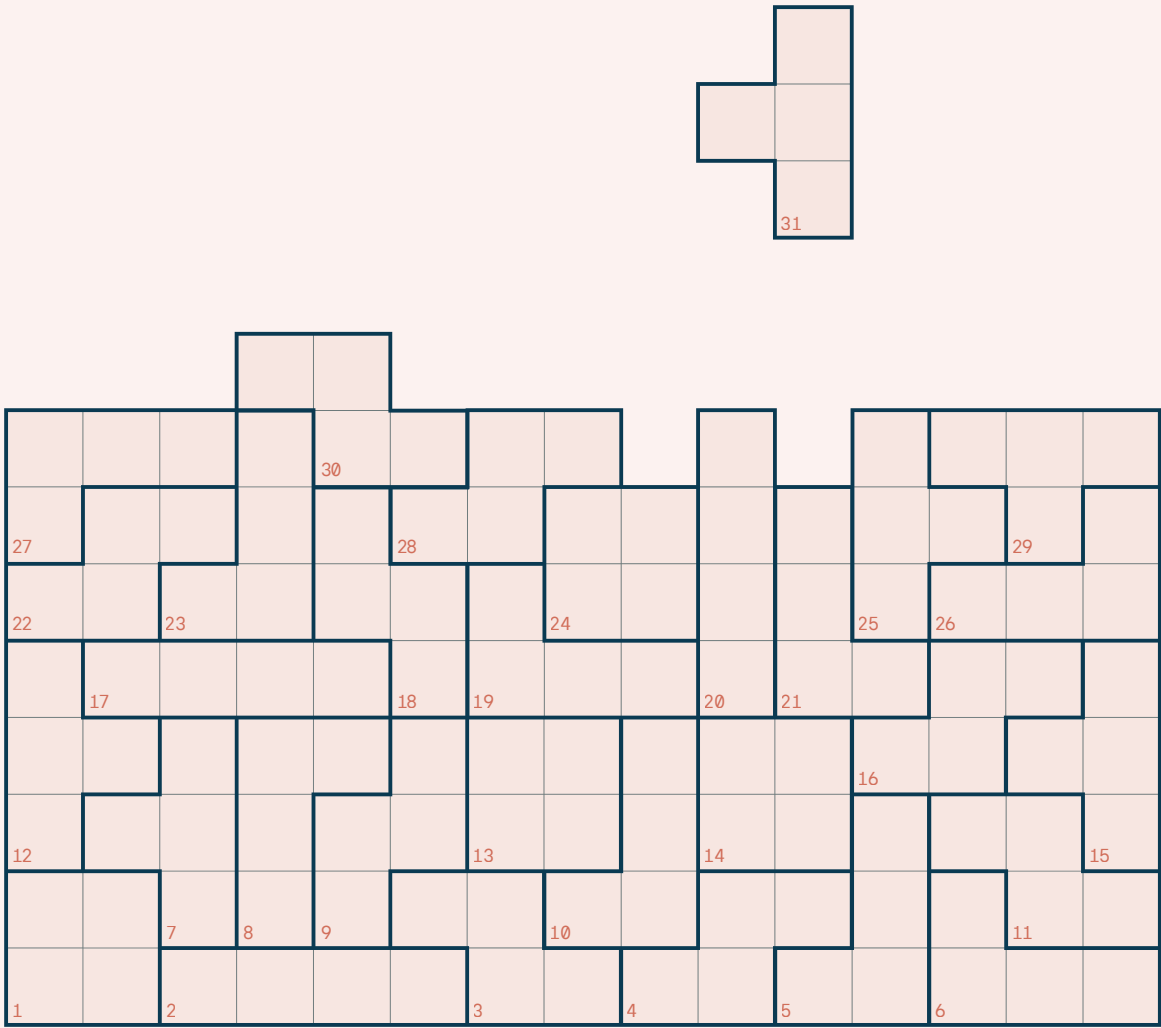
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NOTES

mood tracker.

ME vs ME

March



Happy



Neutral



Sad

This month I mostly feel _____

because _____

mood tracker.

ME vs ME

March

DATE

MOOD INFLUENCES

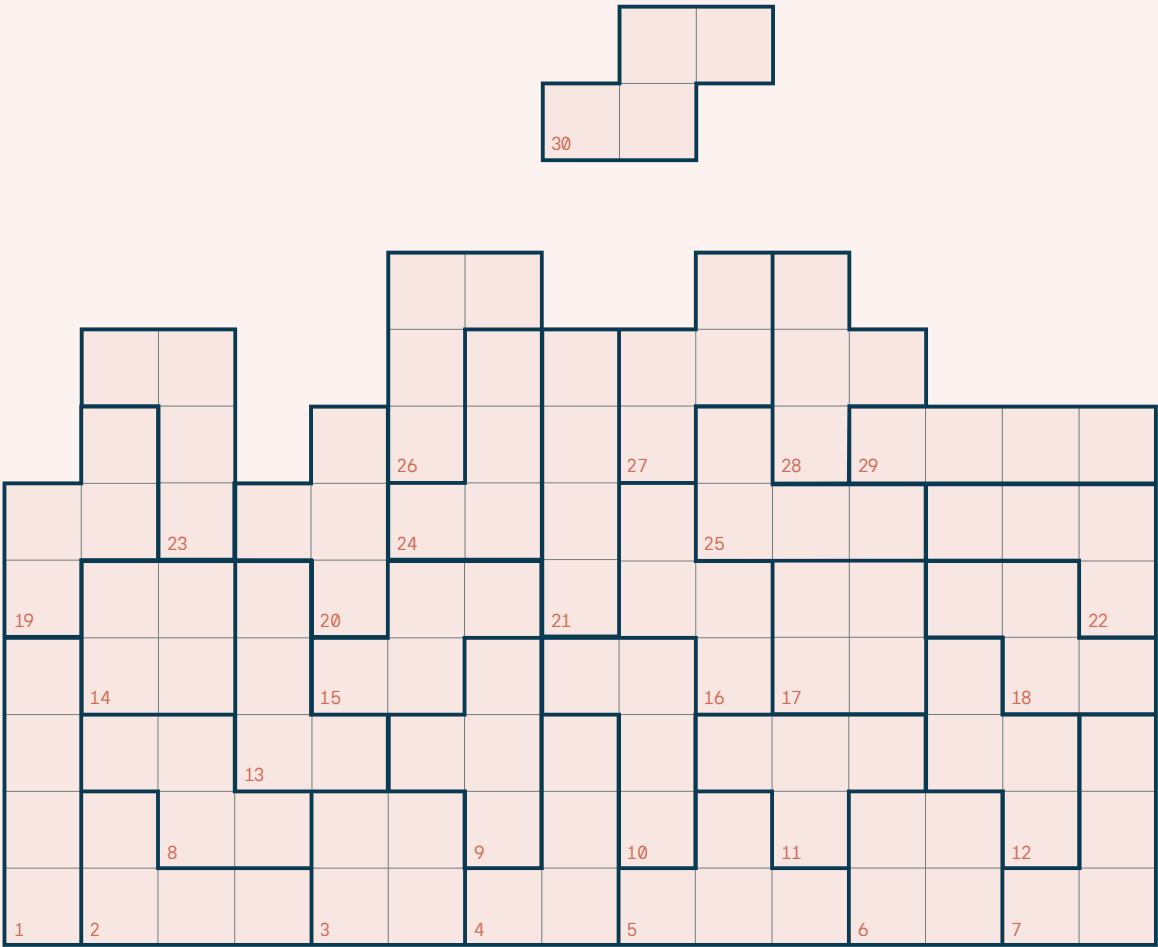
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NOTES

mood tracker.

ME vs ME

April



Happy



Neutral



Sad

This month I mostly feel _____

because _____

mood tracker.

ME vs ME

April

DATE

MOOD INFLUENCES

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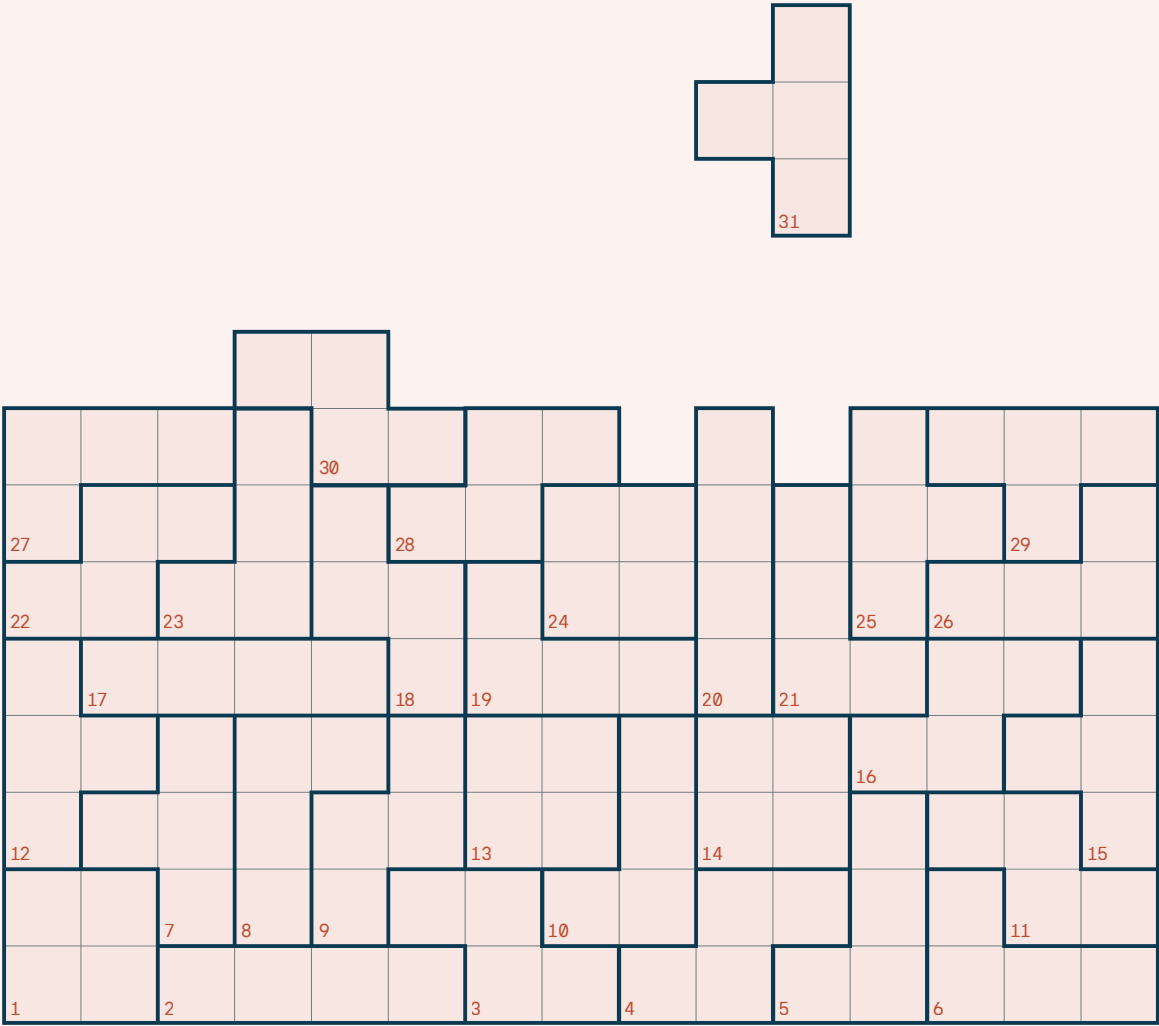
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NOTES

mood tracker.

ME vs ME

May



Happy



Neutral



Sad

This month I mostly feel _____

because _____

mood tracker.

ME vs ME

May

DATE

MOOD INFLUENCES

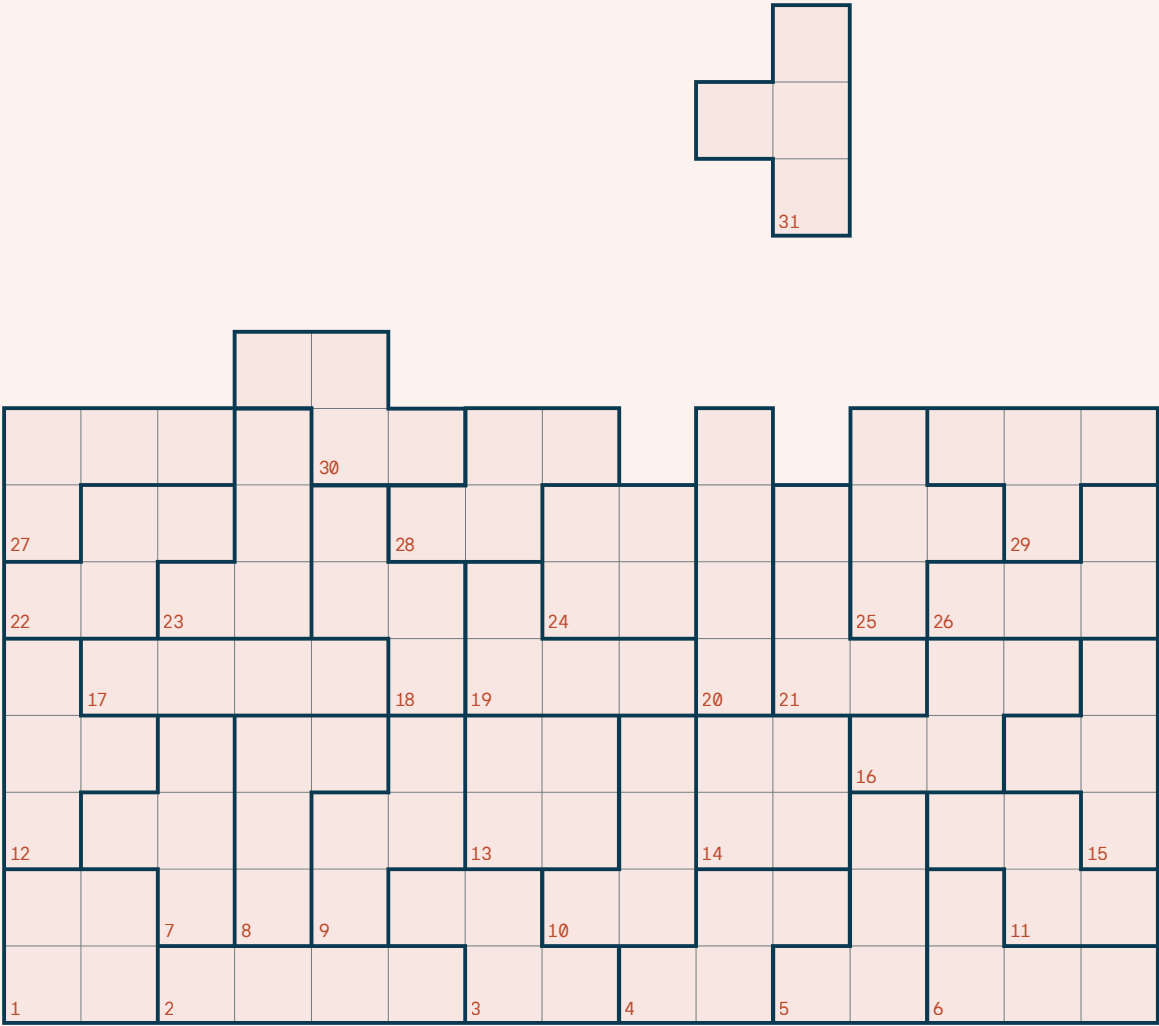
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NOTES

mood tracker.

ME vs ME

June



Happy



Neutral



Sad

This month I mostly feel _____

because _____

mood tracker.

ME vs ME

June

DATE

MOOD INFLUENCES

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NOTES

ME vs ME

ME vs ME

A crossword puzzle grid with 31 numbered starting points. The grid is composed of light beige squares with dark blue borders. Numbers 1 through 31 are placed in the starting squares of the words.

● Sad

because

mood tracker.

ME vs ME

July

DATE

MOOD INFLUENCES

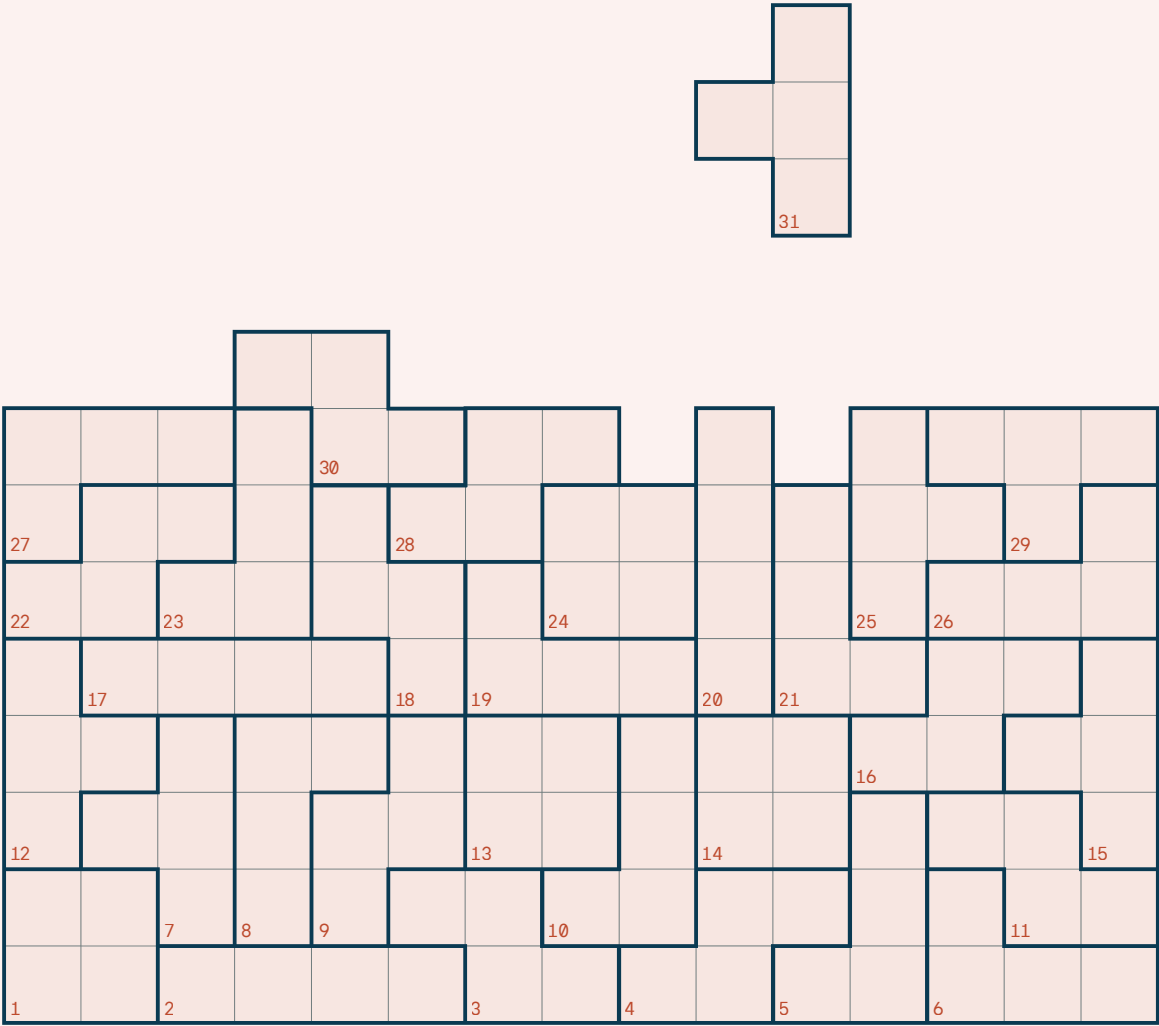
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NOTES

mood tracker.

ME vs ME

August



Happy



Neutral



Sad

This month I mostly feel _____

because _____

mood tracker.

ME vs ME

August

DATE

MOOD INFLUENCES

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NOTES

ME vs ME

September

A crossword puzzle grid with 31 numbered starting points. The grid is composed of white squares for letters and black squares for empty space. Numbers 1 through 31 are placed in the starting squares of the words.

○ Happy

● Neutral

● Sad

This month I mostly feel

because

mood tracker.

ME vs ME

September

DATE

MOOD INFLUENCES

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NOTES

ME vs ME

October

A crossword puzzle grid with 31 numbered starting points. The grid is composed of light beige squares with dark blue borders. Numbers 1 through 31 are placed in the starting squares of the words. The grid is irregular, with some squares missing to form the crossword shape.

○ Happy

● Neutral

● Sad

This month I mostly feel

because _____

mood tracker.

ME vs ME

October

DATE

MOOD INFLUENCES

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NOTES

ME vs ME

November

A crossword puzzle grid with 31 numbered starting points. The grid is composed of light beige squares with dark blue borders. Numbers 1 through 31 are placed in the starting squares of the words. The grid is irregular, with some squares missing to form the crossword shape.

○ Happy

● Neutral

● Sad

This month I mostly feel

because _____

mood tracker.

ME vs ME

November

DATE

MOOD INFLUENCES

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NOTES

ME vs ME



31

[illegible]

○ Happy

● Neutral

● Sad

This month I mostly feel

because _____

mood tracker.

ME vs ME

December

DATE

MOOD INFLUENCES

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NOTES

ME vs ME®



ME vs ME® Method | www.me-vs-me.com

Next Step:

One gentle adjustment I want to make next week is...