

# January moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_

# February moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_

# March moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_

# April moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_

# May moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_

# Tune moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_

# July moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_

# August **moods**

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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SUM										

This month I was mostly feeling \_\_\_\_\_



# September moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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This month I was mostly feeling \_\_\_\_\_

# October moods

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SUM										

This month I was mostly feeling \_\_\_\_\_

# November moods

DAY	ULTRA GREAT	GREAT	VERY GOOD	GOOD	OKAY	SO-SO	MEH	BAD	VERY BAD	JUST AWFUL
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This month I was mostly feeling \_\_\_\_\_

# December moods

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This month I was mostly feeling \_\_\_\_\_