## MY MOOD LOG

Chose a color to represent how you feel.

Yellow might be energetic; purple might be tired; green might be curious.



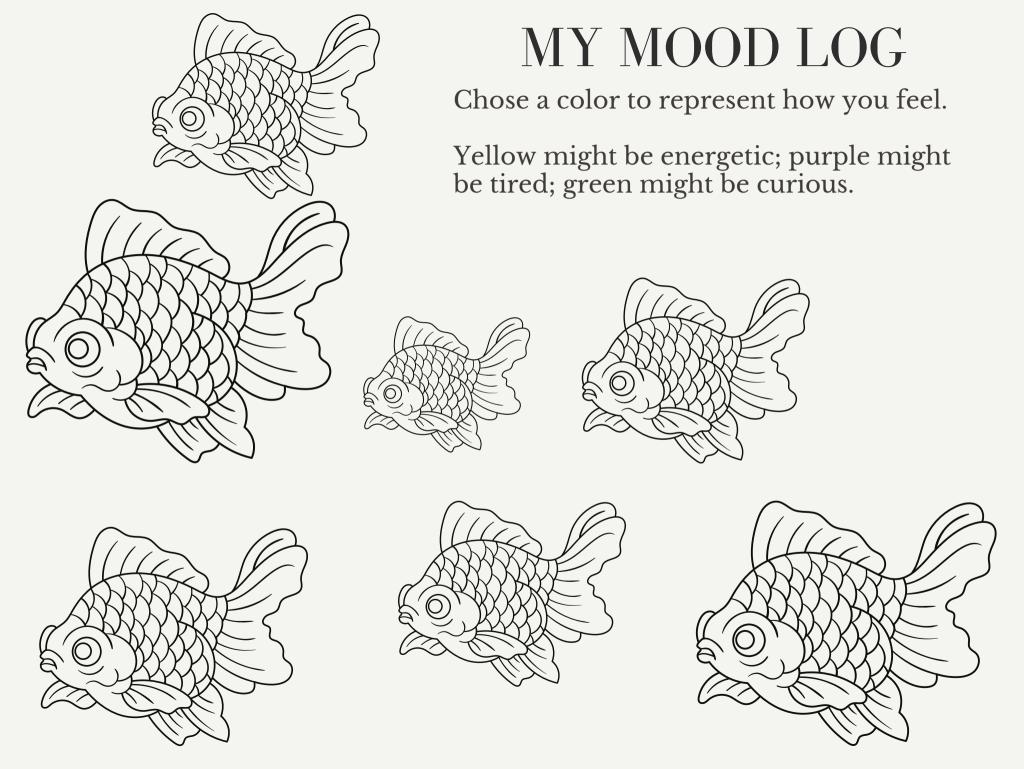
## MY MOOD LOG

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## MY EXERCISE LOG

Chose a color to represent how you feel.

Yellow might be energetic; purple might be tired; green might be curious.

