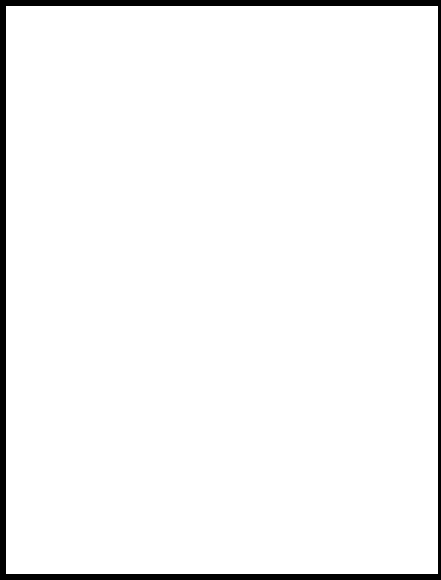
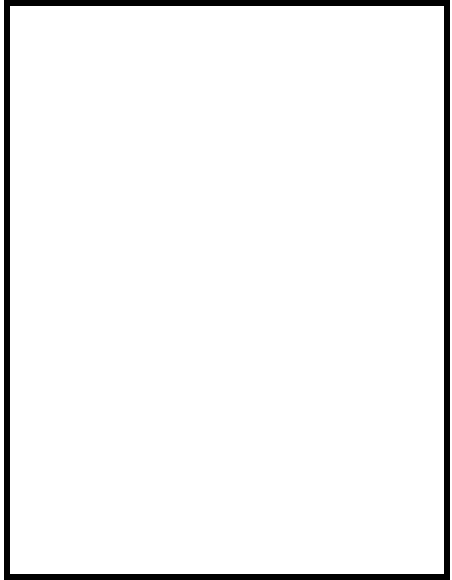




*Things Weighing on My Mind*

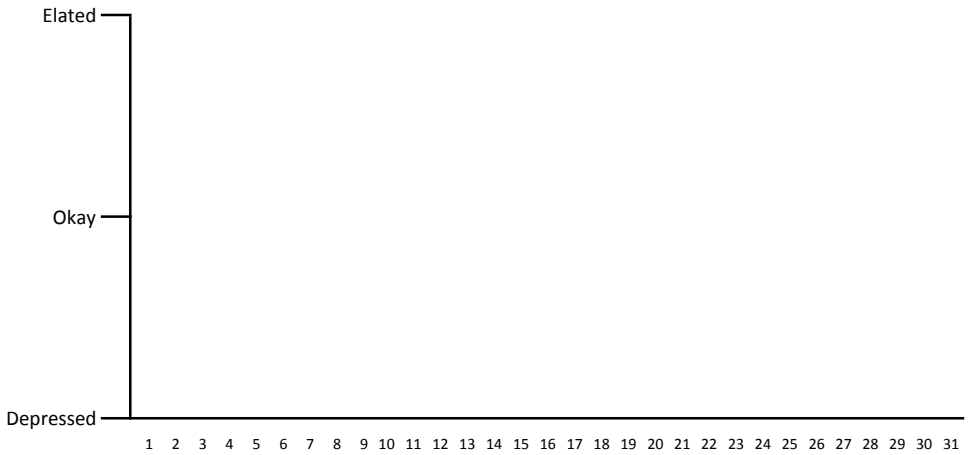
*Things Making Me Happy*

A large, empty rectangular box with a black border, intended for writing down things that are weighing on the user's mind.A large, empty rectangular box with a black border, intended for writing down things that are making the user happy.

*My Mental Health Plan*

A large, empty rectangular box with a black border, intended for writing out the user's mental health plan.

# Mood Chart



## Notes

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