

# 2025 Emotion Tracker

Track how you are feeling throughout the year by colouring in a square a day. Each colour represents a different emotion - choose a colour for each feeling that makes sense to you.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

## Emotions



Happy



Sad



Angry



Scared



Silly



Tired



Confused