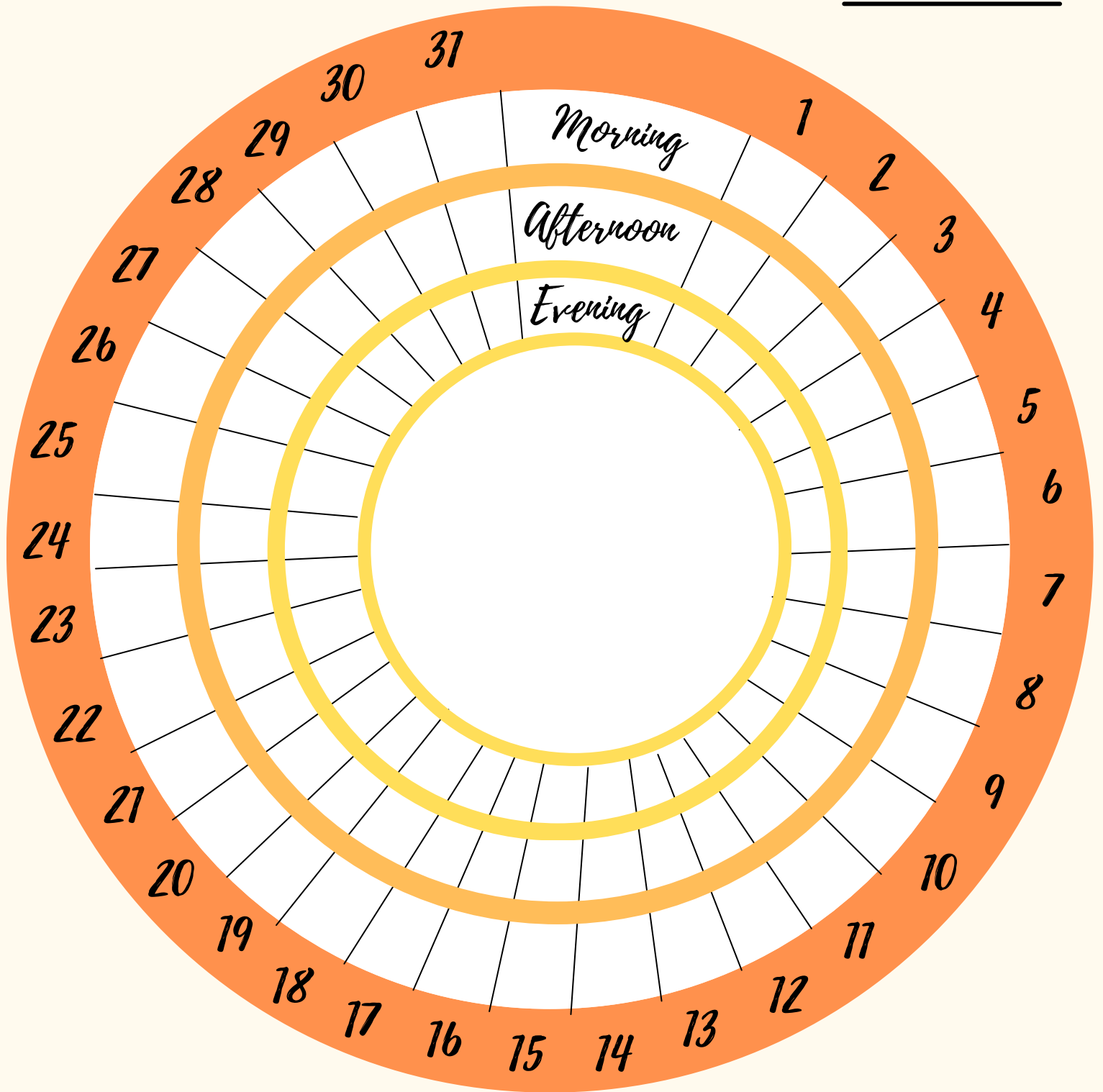


Monthly Mood Tracker



Hull University
Teaching Hospitals
NHS Trust

Month: _____



RELAXATION PLANNER

Date:

SCHEDULE

MOOD TODAY



WATER TRACKER



REMINDER

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NOTES

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