

Mood Tracker

	IAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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HAPPY

SAD

FRUSTRATED

EXCITED

CALM

TIRED

STRESSED

ANGRY

GRATEFUL



Temperature Tracker

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40°C

30 - 39°C

20 - 29°C

10 - 19°C

1 - 9°C

0°C

-1 - -9°C

-10 - -19°C

-20 - -29°C

Anxiety Tracker

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NONE

LOW

MEDIUM

HIGH

EXTREMELY HIGH



Cycle Tracker

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NONE

SPOTTING

LIGHT

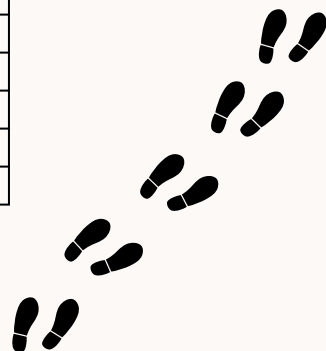
REGULAR

HEAVY

Step Tracker

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- 0 - 2000
- 2000 - 4000
- 4000 - 6000
- 6000 - 8000
- 8000 - 10000
- 10000+





Water Tracker

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0 - 0.5L

0.5 - 1.0L

1.0 - 1.5L

1.5 - 2.0L

2.0 - 2.5L

2.5L +



Health Tracker

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ENERGETIC

HAPPY

TIRED

GRUMPY

SICK

ACHING



Weather Tracker

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SUNNY

CLOUDY

RAINY

STORMY

WINDY

FROSTY

SNOWY



Dream Tracker

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HAPPY

FUNNY

WEIRD

SCARY

SAD

BORING

ROMANTIC

DONT REMEMBER

Rate My Day



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