

Reading & Mood Tracker

Purpose

Use this tracker to record what you're currently reading along with your mood. It is designed to help you identify how certain books make you feel or how they increase your mood.

If you set monthly or annual goals, this tracker can help you to realize and identify books to recommend to others based on how they made you feel. You can even compare results with your friends!

Choose your own color charts on how you want to represent sad, angry, or happy days and have fun with it!

Example

Currently reading: Brave New World

Dates reading: May 1-7



In this example, I use dark colors to represent sad days, brown colors for angry or distant days and lighter colors for happy days! This is completely yours to customize and the hope is that you'll have fun with it and learn a few new things about yourself!

Currently reading: _____

Dates reading: _____



Reading & *Mood Tracker*

Currently reading: _____

Dates reading: _____



Currently reading: _____

Dates reading: _____



Currently reading: _____

Dates reading: _____



Currently reading: _____

Dates reading: _____



Notes

[illegible]

Coloring Page

