

My Year in Pixels

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☐ 5 Stars

☐ 4 Stars

☐ 3 Stars

☐ 2 Stars

☐ 1 Star

Weather Tracker

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Dream Tracker

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☐

Happy

☐

Funny

☐

Sad

☐

Scary

☐

Nonsense

☐

Weird

☐

Can't Remember

Rate My Day

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☐ 5 Stars

☐ 4 Stars

☐ 3 Stars

☐ 2 Stars

☐ 1 Star

Shower Tracker

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☐

Hair

☐

Body

☐

Hair & Body

☐

Exfoliated

☐

Everything Shower

☐

No Shower



Stress Tracker

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☐

None

☐

Low

☐

Moderate

☐

High

☐

Extreme

Period Tracker

[illegible]☐ Spotting

☐ Light

□ medium

☐ Heavy

☐ Cramps

☐ Headache

Cycle length			
Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

Notes

Anxiety Tracker

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None

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Low

☐

Moderate

☐

High

☐

Extreme

Step Tracker



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12.000-15.000

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15.000-17.000

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Fitness Tracker

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☐ Flexibility

☐ Upper Body

☐ Lower Body

☐ Cardio

☐ Core

☐ Rest Day

Water Tracker

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Energy Tracker

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☐

None

☐

Low

☐

Moderate

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High

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Extreme

Symptom Tracker

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- ☐ None
- ☐ Headache
- ☐ Fatigue
- ☐ Nausea
- ☐ Pain
- ☐ Dizziness
- ☐ Mood Changes
- ☐ Allergies
- ☐ Digestive Issues
- ☐ Sleep Disturbances

Mental Health Tracker

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☐ Happy

☐ Content

☐ Hopeful

☐ Calm

☐ Stressed

☐ Sad thoughts

☐ Panic Attack

☐ Overwhelmed

☐ Anxious

☐ Restless

☐ Depressed

Temperature Log

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☐ > 40 °C

☐ 30°C – 40°C

☐ 20°C – 30°C

☐ 15°C – 20°C

☐ 10°C – 15°C

☐ 5°C – 10°C

☐ 0°C – 5°C

☐ -5°C – 0°C

☐ -10°C – - 5°C

☐ -15°C – -10°C

☐ < -15°C

Temperature Log

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- ☐ > 100°F
- ☐ 90°F – 100°F
- ☐ 80°F – 90°F
- ☐ 70°F – 80°F
- ☐ 60°F – 70°F
- ☐ 50°F – 60°F
- ☐ 40°F – 50°F
- ☐ 30°F – 40°F
- ☐ 20°F – 30°F
- ☐ 10°F – 20°F
- ☐ < 10°F