## Monthly Fun Quotient (FQ) Tracker

Instructions: Use this tracker to plan and reflect on your daily Fun Quotient (FQ) activities. Write in the date for each day and jot down a fun or uplifting activity you did or plan to do. Rate your mood before and after the activity on a scale of 1 to 10.

Date	FQ Activity	Mood Before (1-10)	Mood After (1-10)	Notes /
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