welcome to goodmood

contact us

what is goodmood?

goodmood

mood scale

mood chart

mood history

mood boost

track your emotions | improve your mood



Username

Type your username

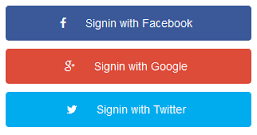
Password

Type your password



Forgot password?

New User? Register for a New Account







good

how are you feeling right now?

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let’s get more specific.

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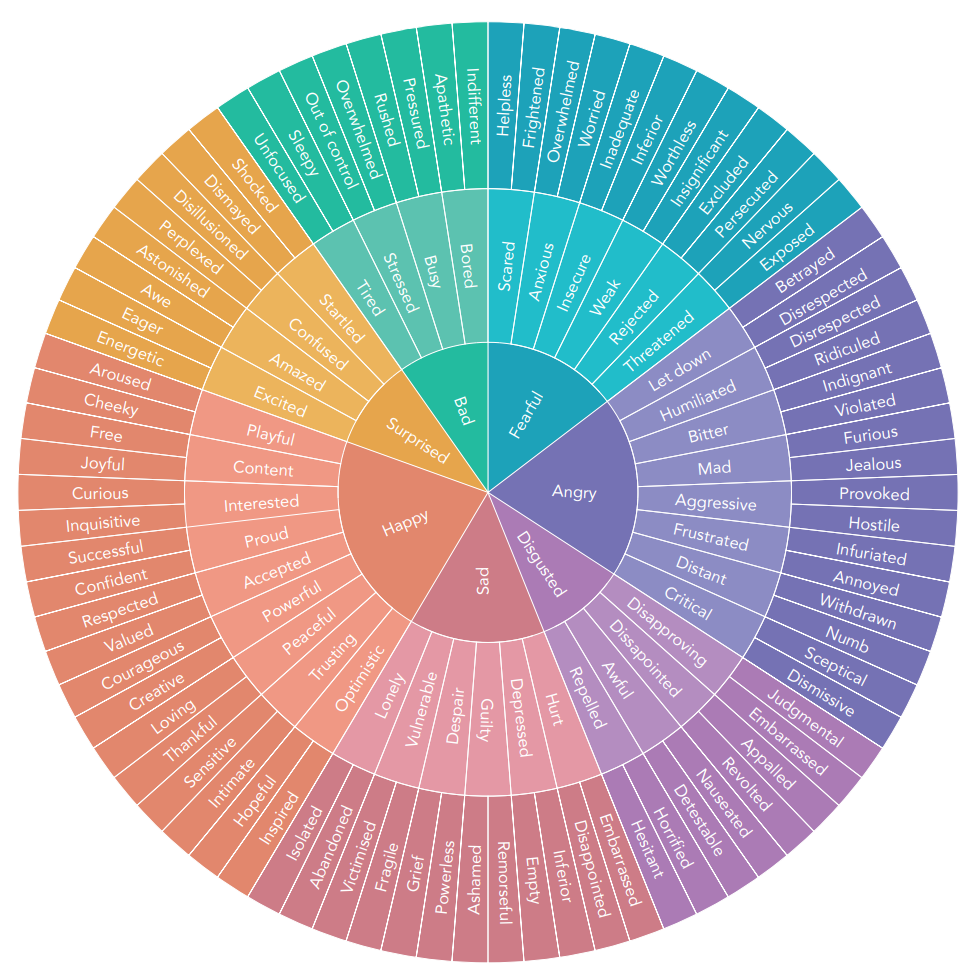
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mood wheel







simple exercises to help you feel better.

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breathe

mindfulness practice



meditation

mindfulness



let’s check your progress.

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week

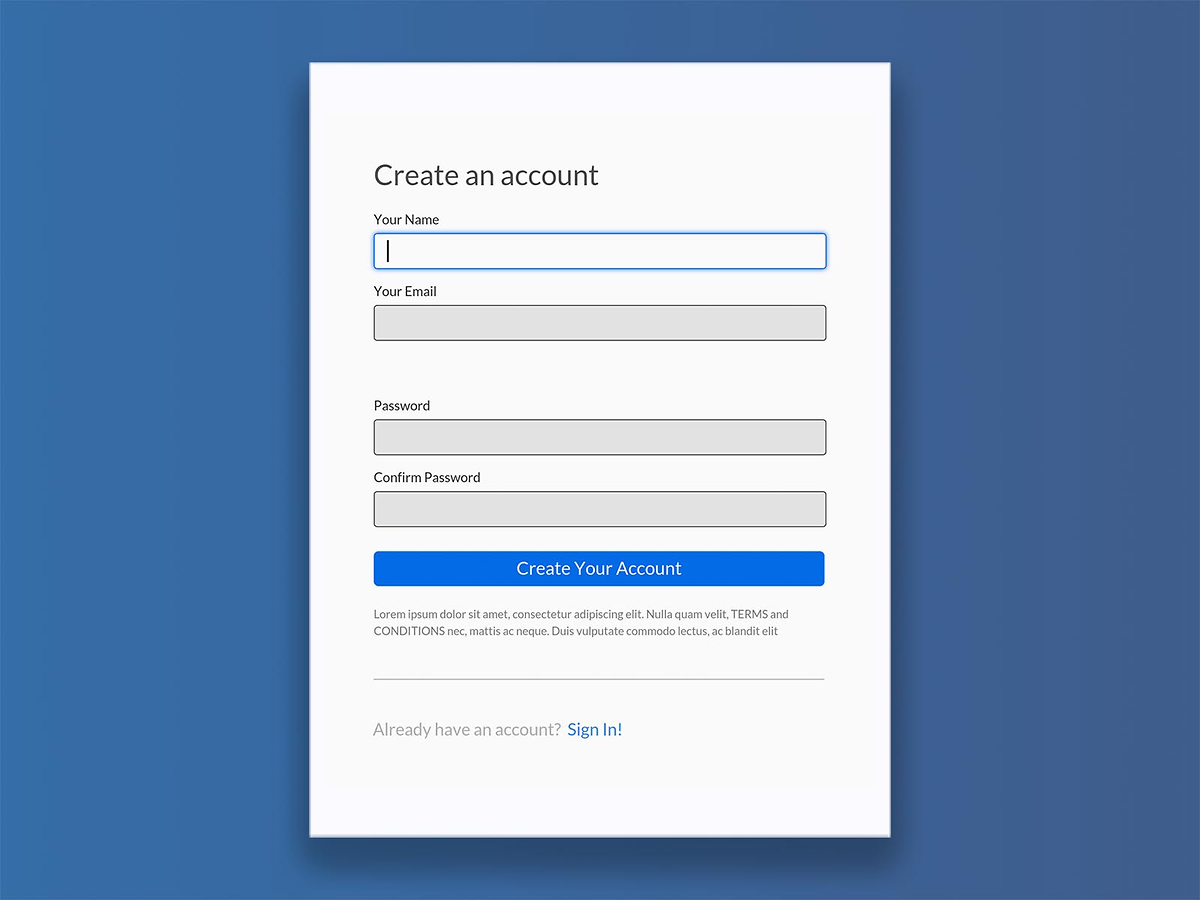
½ year

month

1 year

max

7 days



let’s get started.

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mood history

7 days