		eg. DAY 4			DAY 1			DAY 2			DAY 3			DAY 4			DAY 5			DAY 6			DAY 7		
STEP 1. Today's date		e.g. Thursday Date: 24/10			_____day Date:			_____day Date:			_____day Date:			_____day Date:			_____day Date:			_____day Date:			_____day Date:		
		AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM
STEP 2. Overall mood rating	10 (Best)																								
	9																								
	8																								
	7																								
	6																								
	5																								
	4																								
	3																								
	2																								
	1																								
	0 (Worst)																								
STEP 3. Review of the day *What activities did you do today?*		Work, gym																							
What where the good things about today?		Going to dinner with a friend																							
What were the bad things about today?		Argument with supervisor																							
How many total hours of sleep did you have last night?		5 hours																							
Identify an emotion you felt today:		Sad / Angry / Scared / Happy / ____																							

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