

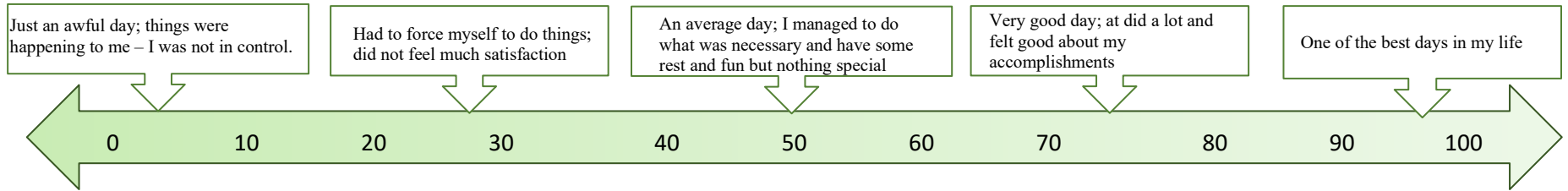
## ACTIVITY MONITORING LOG

DATE:							
TIME:↓	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 am							
8 am							
9 am							
10 am							
11 am							
12 noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
9 pm							
10 pm							
11 pm							
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
<sup>1</sup> Rate your overall mood							
Rate your anxiety							
Rate your satisfaction with the day							

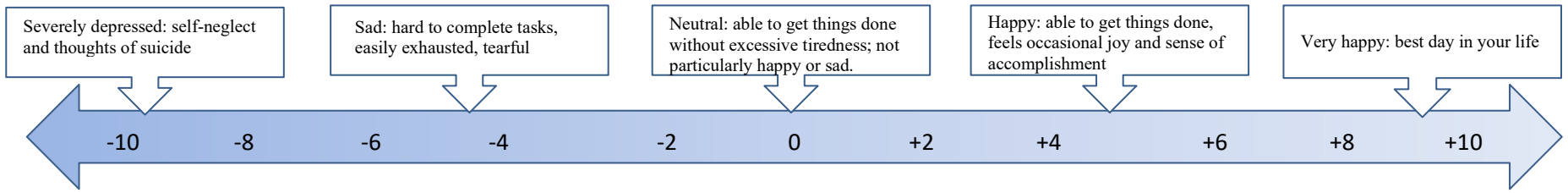
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<sup>1</sup> Please use the scales from the next page for your ratings.

## SATISFACTION



## MOOD SCALE



## ANXIETY

