

MOOD DIARY

At the end of each day, rate your average mood on a scale from 0 – 10 (where 0 = worst and 10 = best) by placing a dot in the corresponding column on the table below.
 Then write down how many hours' sleep you had the night before. Add any comments about the day eg "out for lunch".
 Lastly, write down what was your best and worst day of the week and what you were doing and thinking at that time.

	Day	1	2	3	4	5	6	7		8	9	10	11	12	13	14
↑ Daily mood rating ↓	10 (Best)															
	9															
	8															
	7															
	6															
	5															
	4															
	3															
	2															
	1															
	0 (worst)															
	Hours of sleep															
	Other comments															

What was your **best** day this week?

What were you doing?

What were you thinking?

What was your **worst** day this week?

What were you doing?

What were you thinking?

What was your **best** day this week?

What were you doing?

What were you thinking?

What was your **worst** day this week?

What were you doing?

What were you thinking?