

Use the following chart to track your mood for 14 days. Rate your mood on a 10-point scale, where 1 = extremely depressed, to 10 = feeling very good about my life. Describe what you did to cope (e.g., self-care or stress reduction activity). Write down any comments or thoughts.

<b>Day</b>	<b>Mood Rating</b>	<b>What did you do?</b>	<b>Comments/thoughts</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			