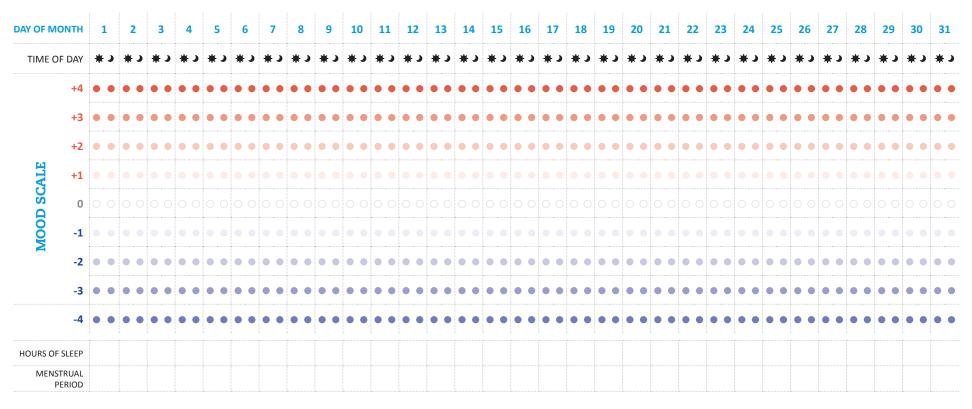
MOOD

MONTH / YEAR





MOOD SCALE

- +4 Extremely Elevated Mood
- +3 Very Elevated Mood
- +2 Somewhat Elevated Mood
- +1 Mild Mood Elevation
- 0 Neutral Mood
- -1 Mild Depression
- -2 Somewhat Depressed
- Very Depressed
- **Extremely Depressed**

DAILY NOTES ON SIGNIFICANT EVENTS

DAY TIME NOTE

DAY	TIME	NOTE