Daily Mood Monitor

Day …….. Date ……..

Today on average, my mood was:

Circle one 1 2 3 4 5 6 7 8 9 10
Low OK Really Great

……

Today my **WORST** mood was at ……am/pm

At the time I was doing ……..

At the time I was thinking ……..

At the time my mood was:

Circle one
1 2 3 4 5 6 7 8 9 10
Low Ok Really Great

…….

Today my **BEST** mood was at ……..am/pm

At the time I was doing ……

At the time I was thinking ……

At the time my mood was:

Circle one 1 2 3 4 5 6 7 8 9 10
Low OK Really Great

Adapted from Beating the Blues by Tanner & Ball