

Rate Your Daily Mood

Rate your mood at different times during the day, that is, how good or bad you feel, using the 10-point scale shown below. If you feel good, put a high number on the chart below. If you feel “so-so” mark a 5. And if you feel low or depressed, mark a low number. This is a pdf form to use electronically.

Scale:



Date and Time **Mood Score** **Reason Why I Feel This Way**