|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Daily Mood Scale** | | | | | | | |
|  | Name: |  | | |  |  |  |  |
|  | Week Number: | |  |  | Week Starting: | |  |  |
|  | Day: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  | 9 | 9 | 9 | 9 | 9 | 9 | 9 |
|  |  | 8 | 8 | 8 | 8 | 8 | 8 | 8 |
|  |  | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
|  |  | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
|  |  | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
|  |  | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
|  |  | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
|  |  | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
|  |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Number of Thoughts | | | |  |  |  |  |  |
|  | Positive: |  |  |  |  |  |  |  |
|  | Negative: |  |  |  |  |  |  |  |
| Notes: | |  |  |  |  |  |  |  |