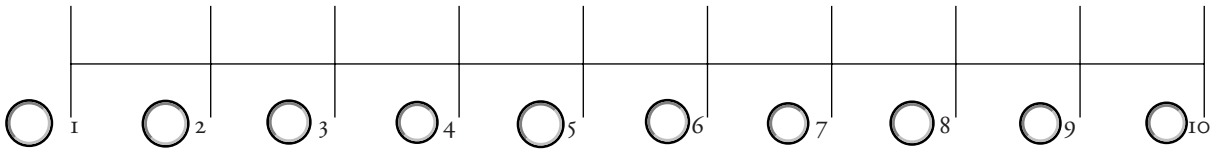
Daily Mood Rating Form

Please rate your mood at different times during the day, that is, how good or bad you felt, using the 10-point scale shown below. If you felt good, put a high number on the chart below. If you felt "so-so," mark a 5. And if you felt low or depressed, mark a lower number.



very depressed — "so-so" — very happy

Time of day	Mood score	Reasons why I felt this way: