**WEEKLY ACTIVITY MONITOR** Week beginning\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daily mood scale

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| DAY | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Best** 10 |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |
| **Worst** 1 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Hours of sleep** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **7-8am** |  |  |  |  |  |  |  |
| **8-9** |  |  |  |  |  |  |  |
| **9-10** |  |  |  |  |  |  |  |
| **10-11** |  |  |  |  |  |  |  |
| **11-12pm** |  |  |  |  |  |  |  |
| **12-1** |  |  |  |  |  |  |  |
| **1-2** |  |  |  |  |  |  |  |
| **2-3** |  |  |  |  |  |  |  |
| **3-4** |  |  |  |  |  |  |  |
| **4-5** |  |  |  |  |  |  |  |
| **5-6** |  |  |  |  |  |  |  |
| **6-7** |  |  |  |  |  |  |  |
| **7-8** |  |  |  |  |  |  |  |
| **8-9** |  |  |  |  |  |  |  |
| **9-10** |  |  |  |  |  |  |  |
| **10-11** |  |  |  |  |  |  |  |
| **11-12am** |  |  |  |  |  |  |  |