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## Mood Monitoring Sheet

Rate your mood on a 0 to 100 scale each day (where 0 means the worst you have ever felt, and 100 is your old self or your “well self”). If you wish, use the additional spaces to the right of the *Mood* column to rate additional items such as anxiety (0-100), medications taken, quality of sleep, whether you exercised, the time you arose from bed, significant events, or anything else you feel is relevant to your mood problem. Write the item to be monitored at the top of the column in the spaces provided.

<b>Date</b>	<b>Mood (0-100)</b>		
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
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