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## Daily Mood Record

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Rate each column at the end of the day, using a number from the 0- to 100-point scale below.

0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----100

None                  Mild                  Moderate                  Strong                  Extreme

Date	Overall Anxiety	Maximum Anxiety	Overall Physical Tension	Overall Preoccupation with Worry	