

What is the physical feeling you are rating?						
Day 1		What are you doing?	Severity of Physical Feeling (0 None at all – 10 Worst ever)	Emotion (Low, worried, happy, relaxed angry etc)	Strength of Emotion (1 Very low – 10 Very high)	Comments
Morning	What Where When Who					
Afternoon	What Where When Who					
Evening	What Where When Who					

What is the physical feeling you are rating?						
Day 2		What are you doing?	Severity of Physical Feeling (0 None at all – 10 Worst ever)	Emotion (Low, worried, happy, relaxed angry etc)	Strength of Emotion (1 Very low – 10 Very high)	Comments
Morning	What Where When Who					
Afternoon	What Where When Who					
Evening	What Where When Who					

What is the physical feeling you are rating?						
Day 3		What are you doing?	Severity of Physical Feeling (0 None at all – 10 Worst ever)	Emotion (Low, worried, happy, relaxed angry etc)	Strength of Emotion (1 Very low – 10 Very high)	Comments
Morning	What Where When Who					
Afternoon	What Where When Who					
Evening	What Where When Who					

What is the physical feeling you are rating?						
Day 4		What are you doing?	Severity of Physical Feeling (0 None at all – 10 Worst ever)	Emotion (Low, worried, happy, relaxed angry etc)	Strength of Emotion (1 Very low – 10 Very high)	Comments
Morning	What Where When Who					
Afternoon	What Where When Who					
Evening	What Where When Who					

What is the physical feeling you are rating?						
Day 5		What are you doing?	Severity of Physical Feeling (0 None at all – 10 Worst ever)	Emotion (Low, worried, happy, relaxed angry etc)	Strength of Emotion (1 Very low – 10 Very high)	Comments
Morning	What Where When Who					
Afternoon	What Where When Who					
Evening	What Where When Who					

What is the physical feeling you are rating?						
Day 6		What are you doing?	Severity of Physical Feeling (0 None at all – 10 Worst ever)	Emotion (Low, worried, happy, relaxed angry etc)	Strength of Emotion (1 Very low – 10 Very high)	Comments
Morning	What Where When Who					
Afternoon	What Where When Who					
Evening	What Where When Who					

What is the physical feeling you are rating?						
Day 7		What are you doing?	Severity of Physical Feeling (0 None at all – 10 Worst ever)	Emotion (Low, worried, happy, relaxed angry etc)	Strength of Emotion (1 Very low – 10 Very high)	Comments
Morning	What Where When Who					
Afternoon	What Where When Who					
Evening	What Where When Who					