WORKSHEET 5.3:
QUICK MOOD SCALE

- Every night, before going to bed, circle the number from 1-9 that best represents your mood each day.

- At the bottom of each column you will find a space where you can note how many pleasant activities you do each day. Is there is a relationship between your mood and the number of pleasant activities you do?

DATE:	_____	_____	_____	_____	_____	_____	_____
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1
Number of PLEASANT Activities:	_____	_____	_____	_____	_____	_____	_____