	Date																					
	Time																					
Happiness / Sadness	**10**																					
	9																					
	8																					
	7																					
	6																					
	5																					
	4																					
	3																					
	2																					
	1																					
	0																					
Anxiety / Tension	**10**																					
	9																					
	8																					
	7																					
	6																					
	5																					
	4																					
	3																					
	2																					
	1																					
	0																					
What's been happening	**EG:** Periods Drinking Drugs Good events Bad events																					