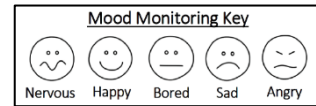


Daily Activity and Mood Monitoring

Start Date: _____



Use the form to chart your activities each day, including whether you took your opioid medication. After you list an activity, rate your mood or moods. Use the **Mood Monitoring Key** if it's helpful or write about moods/feelings in the Notes section. At the end of each day, record the strongest degree of cravings for substances you experienced (if any), and whether your substance use was within your goal or wasn't within your goal.

	Activity Record activities you engaged in each day	Mood Rate mood after each activity	Craving and Use
Sunday	1. Took Medications? Yes ____ No ____	1.	<u>Craving</u> -----
	2. _____	2.	None Lots
	3. _____	3.	Was your substance use within your goal? Y ____ N ____
	4. _____	4.	
	5. _____	5.	
	Notes:		
Monday	1. Took Medications? Yes ____ No ____	1.	<u>Craving</u> -----
	2. _____	2.	None Lots
	3. _____	3.	Was your substance use within your goal? Y ____ N ____
	4. _____	4.	
	5. _____	5.	
	Notes:		
Tuesday	1. Took Medications? Yes ____ No ____	1.	<u>Craving</u> -----
	2. _____	2.	None Lots
	3. _____	3.	Was your substance use within your goal? Y ____ N ____
	4. _____	4.	
	5. _____	5.	
	Notes:		

	Activity	Mood	Craving and Use
Wednesday	1. Took Medications? Yes ____ No ____	1.	<u>Craving</u> ----- None Lots
	2. _____	2.	Was your substance use within your goal? Y ____ N ____
	3. _____	3.	
	4. _____	4.	
	5. _____	5.	
	Notes:		Mood Monitoring Key Nervous Happy Bored Sad Angry
Thursday	1. Took Medications? Yes ____ No ____	1.	<u>Craving</u> ----- None Lots
	2. _____	2.	Was your substance use within your goal? Y ____ N ____
	3. _____	3.	
	4. _____	4.	
	5. _____	5.	
	Notes:		
Friday	1. Took Medications? Yes ____ No ____	1.	<u>Craving</u> ----- None Lots
	2. _____	2.	Was your substance use within your goal? Y ____ N ____
	3. _____	3.	
	4. _____	4.	
	5. _____	5.	
	Notes:		
Saturday	1. Took Medications? Yes ____ No ____	1.	<u>Craving</u> ----- None Lots
	2. _____	2.	Was your substance use within your goal? Y ____ N ____
	3. _____	3.	
	4. _____	4.	
	5. _____	5.	
	Notes:		