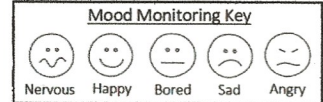




Daily Activity and Mood Monitoring

Start Date: October 18th



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 <u>X</u> No ___ 2. <u>cooked breakfast for fam</u> 3. <u>did yardwork</u> 4. <u>helped son w/ homework</u> 5. _____	1. <input checked="" type="checkbox"/> 2. <input checked="" type="checkbox"/> 3. <input checked="" type="checkbox"/> 4. ? 5.	Craving ----- <u>X</u> ----- None Lots Was your substance use within your goal? Y <u>X</u> N ___
	Notes: #4 it was frustrating sometimes some of the time but overall felt OK		
Monday	1. Took Medications? Yes ___ No <u>X</u> 2. <u>set son up for zoom school</u> 3. <u>work online for a few hrs</u> 4. <u>took a long walk</u> 5. <u>watched TV w/ son</u>	1. <input checked="" type="checkbox"/> 2. <input checked="" type="checkbox"/> 3. <input checked="" type="checkbox"/> 4. <input checked="" type="checkbox"/> 5. <input checked="" type="checkbox"/>	Craving ----- <u>X</u> ----- None Lots Was your substance use within your goal? Y <u>X</u> N ___
	Notes: #2 I wasn't mad at him, was mad at the situation		
Tuesday	1. Took Medications? Yes <u>X</u> No ___ 2. <u>set son up on zoom</u> 3. <u>had 2 meetings online</u> 4. <u>made dinner</u> 5. <u>read to son extra long</u>	1. <input checked="" type="checkbox"/> 2. <input checked="" type="checkbox"/> 3. <input checked="" type="checkbox"/> 4. <input checked="" type="checkbox"/> 5. <input checked="" type="checkbox"/>	Craving ----- <u>X</u> ----- None Lots Was your substance use within your goal? Y <u>X</u> N ___
	Notes: #2 was more anxious about how the lack of time w/ friends will impact son - not really nervous		

