

Week 1						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 2						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 3						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 4						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 5						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

I slept well last night:	Yes	No	Comments
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 7						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

I slept well last night:	Yes	No	Comments
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 6						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

I slept well last night:	Yes	No	Comments
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 8						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

I slept well last night:	Yes	No	Comments
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 8						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 9						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 10						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

Week 11						
1	2	3	4	5	6	7
Very Unhappy	Pretty Unhappy	Slightly Unhappy	Neutral	Slightly Happy	Pretty Happy	Very Happy

	Yes	No	Comments
I slept well last night:			
I ate breakfast this morning:			
Are you: hungry?			
angry?			
lonely?			
tired?			
stressed?			
Notes for teacher:			

