**Name**

**Date**

**Daily** **Happiness Record**

**0 1 2 3 4 5 6 7 8 9 10**

NONE MILD MODERATE STRONG EXTREME

1. Using the scale above, rate your general level of Happiness at the end of each day.
2. This rating is based on how you felt on average over the course of each day.
3. If you didn’t feel a bit Happiness mark 0.
4. If you felt really Happy (the worst you have ever felt or can imagine yourself feeling), mark 10.
5. If it was “so-so” mark 5.

6. In the top portion of each day mark your level of Happiness after you engaged in

an activity you enjoyed *(e.g., being with friends, going to a movie, playing*

*outdoors).*

7. In the bottom portion of each day rate you level of Happiness for that day.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** | **Average** |
| **Week 1** |  |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |  |  |
| **Week 4** |  |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |  |
| **Week 6** |  |  |  |  |  |  |  |  |
| **Week 7** |  |  |  |  |  |  |  |  |
| **Week 8** |  |  |  |  |  |  |  |  |
| **Week 9** |  |  |  |  |  |  |  |  |
| **Week 10** |  |  |  |  |  |  |  |  |
| **Week 11** |  |  |  |  |  |  |  |  |
| **Week 12** |  |  |  |  |  |  |  |  |