How to use this tool
Each day, rate yourself on Mood, Vitality, Sleep, Interaction, and Focus using a scale from 1 (best) to 5 (worst). There are symbols for each level so you can rate your feelings on the scale.
Daily: Fill in one of the five numbers in each category.
Monthly: Draw a line connecting all the filled-in circles in each category to get an overall sense of the month. Then discuss the results with your healthcare provider.