Introduction
Home Practice: Mood and Symptom Monitoring

For each day this week, record your mood and ADHD symptoms. There is space to write thoughts, activities, or events that contributed to your mood as well as what kinds of symptoms you experienced each day.

Mood Ratings: 1 (the worst I've ever felt) to 10 (the best I've ever felt) OR describe with a word.
ADHD Symptom Ratings: 1 (my ADHD symptoms interfered with my life the most they ever have) to 10 (my ADHD symptoms did not interfere with my life) OR describe with a word.

Date	***Mood Rating***	***What contributed to my mood?*** *(thoughts/activities/events)*	***ADHD Symptom Rating***	***What symptoms did I experience?***

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Date	***Mood Rating***	***What contributed to my mood?*** *(thoughts/activities/events)*	***ADHD Symptom Rating***	***What symptoms did I experience?***