

Mood – Effort vs Reward Chart

DATES: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Efforts <i>(i.e. Exercise)</i>							
Reward <i>(i.e. Happiness)</i>	/10	/10	/10	/10	/10	/10	/10
Efforts <i>(i.e. Exercise)</i>							
Reward <i>(i.e. Happiness)</i>	/10	/10	/10	/10	/10	/10	/10

NOTES: