**Monday 13th April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Tuesday 14th April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Wednesday 15th April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Thursday 16th April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Friday 17th April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Monday 20th April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Tuesday 21st April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Wednesday 22nd April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Thursday 23rd April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.

**Friday 24th April**

**10am**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**2pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**7pm**

How are you feeling on a scale of 1 (the lowest) to 5 (the happiest)

Explain why you are feeling this way

**Extra Activities**

Did you do any activities that could improve your mental health today? Give a description.