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## Daily Mood Record

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Rate each column at the end of the day, using a number from the 0–10-point scale below.

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
None                      Mild                      Moderate                      Strong                      Extreme

| <b>Date</b> | <b>Average Anxiety</b> | <b>Average Depression</b> | <b>Average Worry About Panic</b> |
|-------------|------------------------|---------------------------|----------------------------------|
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