



TODAY I'M FEELING:

Date: _____

Whether you feel sunny and happy, cloudy and tired, or stormy and frustrated, you can describe your day or mood by checking the icons or by writing your feelings here.



I SLEPT HOURS LAST NIGHT AND MY SLEEP HAS BEEN:

Amazing Good Okay Not great Terrible

IS THERE ANYTHING IN PARTICULAR THAT'S WORRYING YOU?

Write about it here:

HOW WAS YOUR DAY?

Write a bit about your day and how you felt:



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