

Name:

Date:

## MOOD and ENERGY THERMOMETER

Please circle one or more of the below numbers FROM EACH COLUMN that reflects your mood & energy levels reflecting your day. You can circle more than one number if you mood/energy changes during the day.

E  
L  
E  
V  
A  
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U  
P

### +10 SUPER ELEVATED

Have constant excitement and feel super happy, and have no control over self & cannot be calmed down at all & cannot function at all & someone needs to be present to monitor safety.

### +9 EXTREMELY ELEVATED

Have extreme excitement and feel extremely happy, non-stop giggling & laughing, and cannot control self & cannot be calmed down & function poorly

### +8 SEVERELY ELEVATED-almost all day

### +7 SEVERELY ELEVATED- less than 50% of the day

Feel very happy & giggling & laughing, and can control self only briefly & very difficult to calm down & don't function well.

### +6 MODERATELY ELEVATED-almost all day

### +5 MODERATELY ELEVATED- less than 50% of the day

Feel cheerful/optimistic much more than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.

### +4 MILDLY ELEVATED-almost all day

### +3 MILDLY ELEVATED-less than 50% of the day

Feel cheerful and optimistic more than usual/baseline & others may notice it, but can calm down & function ok.

### +2 SLIGHTLY ELEVATED-almost all day long

### +1 SLIGHTLY ELEVATED- less than 50% of the day

Feel a little bit more cheerful and optimistic, but others don't notice & function ok

Ok

## OKAY MOOD

### -1 SLIGHTLY DOWN- less than 50% of the day

Feel a little depressed and cheerless, but others don't notice a change & function ok

### -2 SLIGHTLY DOWN-almost all day

### -3 MILDLY DOWN - less than 50% of the day

Feel depressed and cheerless more than usual & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok.

### -4 MILDLY DOWN -almost all day

### -5 MODERATELY DOWN - less than 50% of the day

Feel depressed and cheerless (out of proportion) much more than usual & enjoying things and having fun is more difficult & some difficulty to brighten up & don't function as good as before.

### -6 MODERATELY DOWN -almost all day

### -7 SEVERELY DOWN- less than 50% of the day

Feel very depressed & cheerless & gloomy, and don't enjoy things and don't feel like having fun & very difficult to brighten up & don't function well.

### -8 SEVERELY DOWN -almost all day

### -9 EXTREMELY DOWN (life is not worth living)

Have extreme depression and feel very miserable, have psychic pain ("I cannot stand it"), and cannot control self & cannot be down & function poorly.

### -10 AT THE LOWEST POINT

Have constant painful sadness and feel very numb & empty & don't want to live & cannot function at all & someone needs to be present to monitor safety.

### +10 SUPER ENERGETIC

Have constant motor excitement, non-stop moving around, and cannot control self & cannot slow down at all & cannot function at all & someone needs to be present to monitor safety.

### +9 EXTREMELY ENERGETIC

Have motor excitement, non-stop moving around, and cannot control self & cannot slow down & function poorly.

### +8 SEVERELY ENERGETIC -almost all day

### +7 SEVERELY ENERGETIC- less than 50% of the day

Have excessive energy & constantly moving and pacing about, and can control energy only briefly & very difficult to slow down & don't function well.

### +6 MODERATELY ENERGETIC -almost all day

### +5 MODERATELY ENERGETIC-less than 50% of the day

Feel energetic and hyper much more than usual/baseline (out of proportion) & restless/pace & some difficulty to control energy & some difficulty to slow down & don't function as good as before.

### +4 MILDLY ENERGETIC-almost all day

### +3 MILDLY ENERGETIC-less than 50% of the day

Feel energetic and hyper more than usual/baseline & others may notice it, but can easily slow down & function ok.

### +2 SLIGHTLY MORE ENERGY-almost all day long

### +1 SLIGHTLY MORE ENERGY-less than 50% of the day

Feel a little bit more energetic than usual, but others don't notice a change & function ok.

Ok

## OKAY ENERGY

### -1 SLIGHTLY TIRED- less than 50% of the day

Feel a little bit tired, but others don't notice a change & function ok.

### -2 SLIGHTLY TIRED-almost all day

### -3 MILDLY TIRED-less than 50% of the day

Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok.

### -4 MILDLY TIRED-almost all day

### -5 MODERATELY TIRED-less than 50% of the day

Feel very tired & slowed down than usual/baseline (out of proportion) & have considerably less energy to do things & less active & spend more time than usual to rest & don't function as good as before.

### -6 MODERATELY TIRED-almost all day

### -7 SEVERELY TIRED- less than 50% of the day

Have excessive tiredness & very difficult to move around & spend very long time to rest & physical activity is limited to few & don't function well.

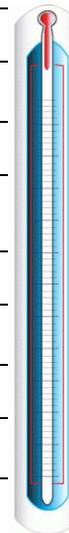
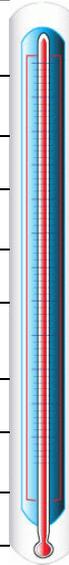
### -8 SEVERELY TIRED-almost all day

### -9 EXTREMELY TIRED

Feel like drained and worn out & almost no physical activity and cannot move around & function poorly.

### -10 NO ENERGY AT ALL

Have constant motor retardation, and cannot move arms or legs & cannot function at all & someone needs to be present to monitor safety.



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