

PART ONE

Tell us about your day

DAY 1

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?

DAY 2

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?

DAY 3

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?

DAY 4

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?