

## Quality of Life Calendar

Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**NOTES**

Grade each day using a scale of 1-5 with 5 being the best day and 1 being the worst day. Then, jot down a quick note to remind you why they got that grade.

Scoring Guide	
Great Day: did all their favorite things	1
Struggled a little but still seemed in good spirits	2
Had ups and down but seemed "ok"	3
Rough day: did not do favorite things	4
Had a horrible day	5