

Daily Stress Journal

Name _____ Date _____ Day: M T W Th F Sa Su

Stress ratings:

- 1 = No anxiety; general feelings of well-being
- 2 = Mild anxiety; no interference with activity
- 3 = Moderate anxiety; specific sign(s) of stress present
- 4 = High anxiety; interference with activity
- 5 = Very high anxiety and panic reactions; general inability to engage in activity

Time	Activity	Stress rating	Time	Activity	Stress rating
6:00 A.M.			6:00 P.M.		
6:30			6:30		
7:00 A.M.			7:00 P.M.		
7:30			7:30		
8:00 A.M.			8:00 P.M.		
8:30			8:30		
9:00 A.M.			9:00 P.M.		
9:30			9:30		
10:00 A.M.			10:00 P.M.		
10:30			10:30		
11:00 A.M.			11:00 P.M.		
11:30			11:30		
12:00 P.M.			12:00 A.M.		
12:30			12:30		
1:00 P.M.			1:00 A.M.		
1:30			1:30		
2:00 P.M.			2:00 A.M.		
2:30			2:30		
3:00 P.M.			3:00 A.M.		
3:30			3:30		
4:00 P.M.			4:00 A.M.		
4:30			4:30		
5:00 P.M.			5:00 A.M.		
5:30			5:30		