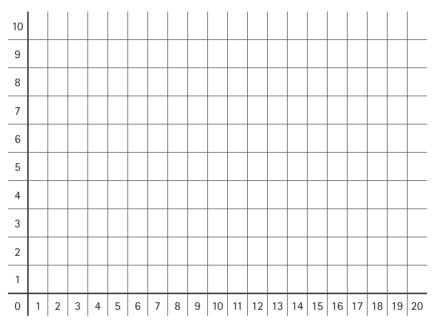
Monitoring your progress

Use the graphs below to plot your progress over the next few weeks.

Your mood scores on the mood scale

Plot 'scores' on the vertical axis



Time/Weeks