STRESSOMETER TABLE

List a stressful event and rate where you are on the scale from 0 – 10

THE STRESSFUL EVENT	MONDAY SCALE 0 - 10	TUESDAY SCALE 0 - 10	WEDNESDAY SCALE 0 - 10	THURSDAY SCALE 0 - 10	FRIDAY SCALE 0 - 10	SATURDAY SCALE 0 - 10	SUNDAY SCALE 0 - 10