

Daily Anxiety Log / Progress Chart

Rate your level of anxiety for the day, using this scale:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
 No anxiety moderate Worst you've felt

At the end of the week, add all your ratings and divide by 7. Plot this average score for each week on the Weekly Progress Chart at the bottom of the page. You should see your ratings go down as you work through the program.

| Daily Anxiety Log | | | | | | | | |
|-------------------|--------|---------|-----------|----------|--------|----------|--------|--|
| Week ↓ | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Average (add scores for the week and divide by 7) |
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 | | | | | | | | |
| 8 | | | | | | | | |
| 9 | | | | | | | | |
| 10 | | | | | | | | |
| 11 | | | | | | | | |
| 12 | | | | | | | | |
| 13 | | | | | | | | |
| 14 | | | | | | | | |
| 15 | | | | | | | | |

| Weekly Progress Chart | | | | | | | | | | | | | | | |
|-----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 10 | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | |
| 1 | | | | | | | | | | | | | | | |
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |

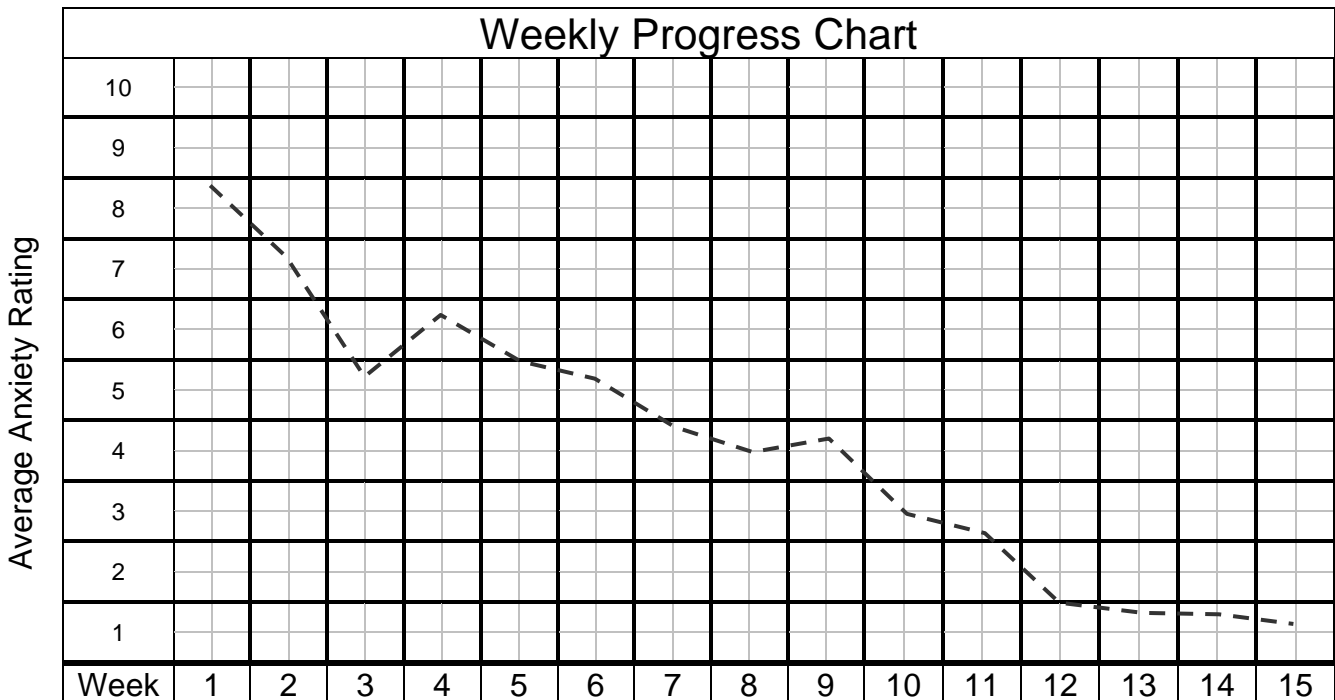
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| Daily Anxiety Log | | | | | | | | |
|-------------------|--------|---------|-----------|----------|--------|----------|--------|--|
| Week ↓ | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Average (add scores for the week and divide by 7) |
| 1 | | | 9 | 9 | 8 | 8 | 10 | 8.8 |
| 2 | 8 | 9 | 7 | 5 | 7 | 9 | 5 | 7.1 |
| 3 | 7 | 6 | 6 | 4 | 4 | 7 | 4 | 5.4 |
| 4 | 6 | 3 | 4 | 8 | 5 | 7 | 10 | 6.1 |
| 5 | 6 | 5 | 3 | 5 | 6 | 8 | 4 | 5.3 |
| 6 | 3 | 5 | 4 | 5 | 8 | 5 | 5 | 5 |
| 7 | 6 | 3 | 8 | 3 | 3 | 5 | 4 | 4.5 |
| 8 | 3 | 3 | 4 | 2 | 6 | 3 | 5 | 3.7 |
| 9 | 6 | 5 | 3 | 3 | 5 | 2 | 4 | 4 |
| 10 | 4 | 3 | 4 | 4 | 2 | 1 | 5 | 2.7 |
| 11 | 3 | 2 | 1 | 2 | 3 | 4 | 2 | 2.4 |
| 12 | 2 | 3 | 0 | 1 | 1 | 0 | 2 | 1.3 |
| 13 | 2 | 1 | 1 | 0 | 0 | 3 | 1 | 1.1 |
| 14 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 0.9 |
| 15 | 0 | 1 | 0 | 1 | 2 | 0 | 0 | 0.6 |



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