

What Impacts Anxiety	Day 1	Day 2	Day 3
Date:	Date:	Date:	Date:
What's going on?	What's going on?	What's going on?	What's going on?
<p>1. Fine 3. Low 5. Medium 7. High 10. Panic Attack/ Total Shutdown</p>			
Time of day			
Power Supply (1-10)			
ANXIETY LEVEL	HIGH		
	MED		
LOW			
Other Notes			