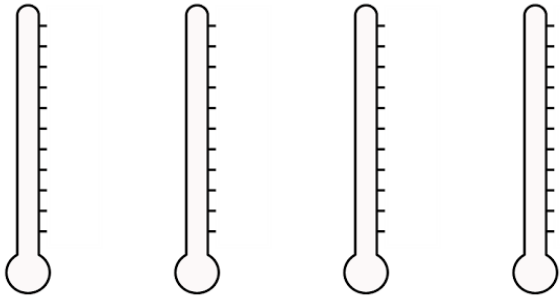


Take Your Temperature

What are you measuring? (circle one)

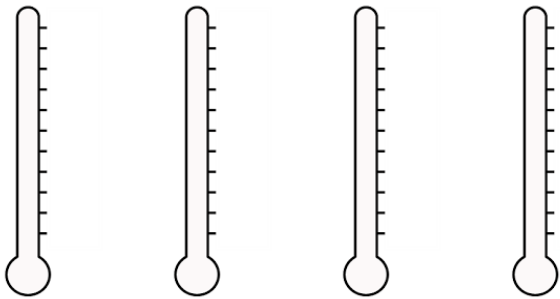
- | | | |
|---------|--------------------|------------|
| Stress | Compassion Fatigue | Exhaustion |
| Anxiety | Depression | Anger |

Monday



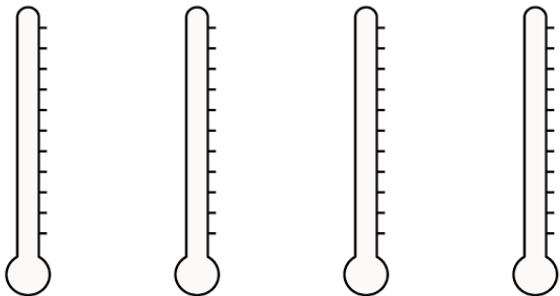
Morning Mid-Day Late Afternoon Evening

Tuesday



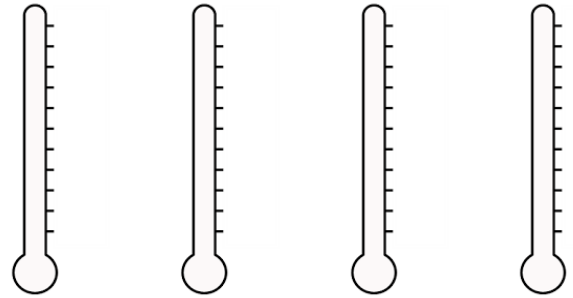
Morning Mid-Day Late Afternoon Evening

Wednesday



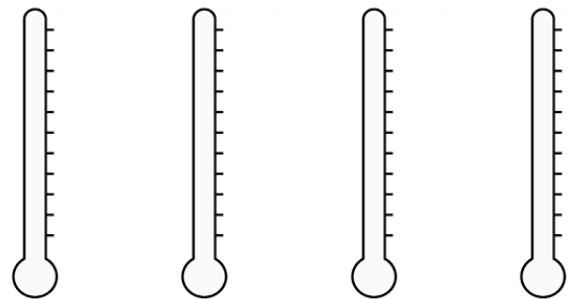
Morning Mid-Day Late Afternoon Evening

Thursday



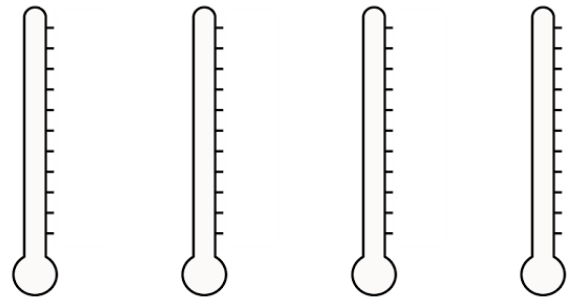
Morning Mid-Day Late Afternoon Evening

Friday



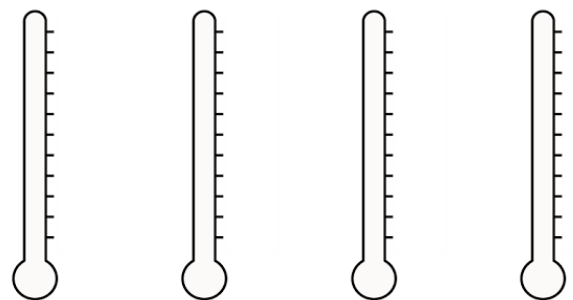
Morning Mid-Day Late Afternoon Evening

Saturday



Morning Mid-Day Late Afternoon Evening

Sunday



Morning Mid-Day Late Afternoon Evening