Progress Ratings

Rate before implementing a plan.
Rate daily and/or weekly for progress.

Mood *Irritability* Contentment Social Social Withdrawal Social Engagement Interest in other activities (non-screen related) Low Interest High Interest Stamina for Academic Tasks Low Stamina High Stamina Self-Esteem Negative Positive

Total

5-10 Excellent

11-20 Good

21-30 Fair

31-40 Needs Improvement

41-50 Severe