OTs Walk with NAMI

Name: _____

Date: _____

Rate Yourself

How do you feel right now before the walk?

1	2	3	4	5	6	7	8	9	10
Relaxed				In the Middle					Tense
Happy									Sad
Awesome				Not happy nor sad					Depressed
Great									Down

How do you feel right now after the walk?

1	2	3	4	5	6	7	8	9	10
Relaxed				In the Middle					Tense
Happy									Sad
Awesome				Not happy or sad					Depressed
Great									Down