

### Pack Wrap Log

| Time | Food and/or Alcohol | Relaxation | Work | Social and/or Recreation | Driving | Other<br>(Please Describe) | Angry | Anxious | Bored | Depressed | Frustrated | Happy | Relaxed | Tired | Need Rating |   |      |
|------|---------------------|------------|------|--------------------------|---------|----------------------------|-------|---------|-------|-----------|------------|-------|---------|-------|-------------|---|------|
|      |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | Least       | 2 | Most |
| 1    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 2    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 3    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 4    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 5    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 6    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 7    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 8    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 9    |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 10   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 11   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 12   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 13   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 14   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 15   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 16   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 17   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 18   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 19   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |
| 20   |                     |            |      |                          |         |                            |       |         |       |           |            |       |         |       | 1           | 2 | 3    |