

My Daily Journal

This journal belongs to:

Contact telephone if journal is lost:

Thank you for taking part in the DANCING WITH PARKINSON'S Summer Evaluation Project! This journal is meant to track how you are doing day by day over the summer and into the fall. We will collect the journals in the Fall -- your feedback through the journal will help us to improve the DWP program.

The journal should take a few minutes of your time each day -- but you can spend more time if you wish to do some writing or express yourself through a drawing in the journal. If you miss a day or two here and there, that is absolutely fine. Also there is no penalty or bad consequence for deciding not to keep up with the journal.

Note: We are asking each participant to fill in their journal between 4:00-6:00 pm each day. If that is not convenient, then please choose another time that you can be consistent with, same time each day.

Your journal will be shared with the evaluation team for DWP, so do not include anything that you wish to keep private; however please be honest in your daily reflections. Your identity will be kept confidential outside of the evaluation team conducting the analysis, and the information from everyone's journals will be kept anonymous so that you cannot be identified. Your feedback is valuable to us to help build knowledge about what works well for you, our clients. Many, many thanks from Sarah Robichaud, Rachael Gibson, and Teachers at DWP!!!

How are you doing today?

MONDAY, JUNE 22 Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



Any reflections or comments are welcome below:

How are you doing today?

TUESDAY, JUNE 23 Journal entry time: _____

Please circle or check one:

Very Bad

Bad

Okay

Good

Very Good



Any reflections or comments are welcome below:

How are you doing today?

WEDNESDAY, JUNE 24 Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



Any reflections or comments are welcome below:

How are you doing today?

THURSDAY, JUNE 25

Journal entry time: _____

Please circle or check one:

Very Bad

Bad

Okay

Good

Very Good



Any reflections or comments are welcome below:

How are you doing today?

FRIDAY, JUNE 26 Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



Any reflections or comments are welcome below:

How are you doing today?

SATURDAY, JUNE 27

Journal entry time: _____

Please circle or check one:

Very Bad

Bad

Okay

Good

Very Good



Any reflections or comments are welcome below:

How are you doing today?

SUNDAY JUNE 28 Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



How has your energy level been in general over the past week?

Very Low	Low	Moderate	High	Very High
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How has your body felt in general over the past week?

Very much worse than usual	Somewhat worse than usual	Usual	Somewhat better than usual	Much better than usual
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How would you describe your most frequent mood in the past week?

Sad, Depressed	Worried, Anxious	Angry	Contented	Happy
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Other feeling/ emotion:

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Have you felt socially connected or supported in the past week?

Not at all	Not much	Neutral amount	Some	Very much so
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How clear has your thinking seemed overall in the last week?

Foggy, Not Clear	Okay	Especially Clear
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Looking back on the week, did you happen to do any dancing or exercise?

Yes	No
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If "Yes," what type of exercise? _____

Any reflections on the week are welcome below:

How are you doing today?

MONDAY, JUNE 29 Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



Any reflections or comments are welcome below:

How are you doing today?

TUESDAY, JUNE 30 Journal entry time: _____

Please circle or check one:

Very Bad

Bad

Okay

Good

Very Good



Any reflections or comments are welcome below:

How are you doing today?

WEDNESDAY, JULY 1

Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



Any reflections or comments are welcome below:

How are you doing today?

THURSDAY, JULY 2

Journal entry time: _____

Please circle or check one:

Very Bad

Bad

Okay

Good

Very Good



Any reflections or comments are welcome below:

How are you doing today?

FRIDAY, JULY 3

Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



Any reflections or comments are welcome below:

How are you doing today?

SATURDAY, JULY 4 Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



Any reflections or comments are welcome below:

How are you doing today?

SUNDAY JULY 5

Journal entry time: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



How has your energy level been in general over the past week?

Very Low	Low	Moderate	High	Very High
----------	-----	----------	------	-----------

How has your body felt in general over the past week?

Very much worse than usual	Somewhat worse than usual	Usual	Somewhat better than usual	Much better than usual
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How would you describe your most frequent mood in the past week?

Sad, Depressed	Worried, Anxious	Angry	Contented	Happy
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Other feeling/ emotion:

--

Have you felt socially connected or supported in the past week?

Not at all	Not much	Neutral amount	Some	Very much so
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How clear has your thinking seemed overall in the last week?

Foggy, Not Clear	Okay	Especially Clear
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Looking back on the week, did you happen to do any dancing or exercise?

Yes	No
-----	----

If "Yes," what type of exercise? _____

Any reflections on the week are welcome below: