		-	*			I			
Date/ Time	How did you feel?				6,0)	How long did it last?	What happened before the tantrum?	Notes	
	5 = very upset								
	1 :	2	3	4	5				
	1	2	3	4	5				
	1	2	3	4	5				
	1	2	3	4	5				
	1	2	3	4	5				
	1	2	3	4	5				