

# SUDS Through the Week

SUDS Rating	Level
100	Extreme Distress
90's	High to Extreme Distress
80's	High Distress
70's	Moderately High Distress
60's	Moderate Distress
50's	Mild to Moderate Distress
40's	Mild Distress
30's	"Normal"
20's	Peaceful / Calm
10's	Very Relaxed
Zero	Complete Relaxation

Week 1	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Morning							
Lunchtime							
Evening							
Bedtime							

Week 2	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Morning							
Lunchtime							
Evening							
Bedtime							

Week 3	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Morning							
Lunchtime							
Evening							
Bedtime							

