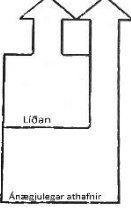
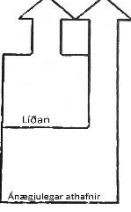
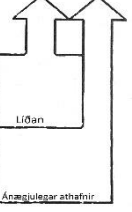
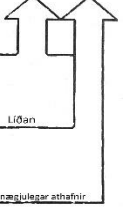
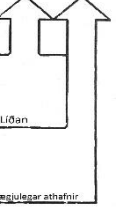
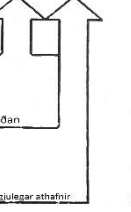
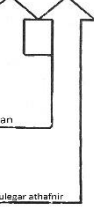


Dagbóarskráning yfir líðan og virkni – vikur 1-3

Vika 1

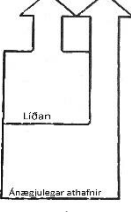
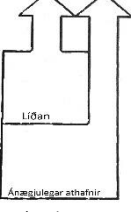
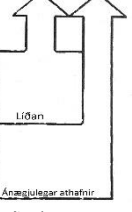
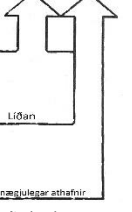
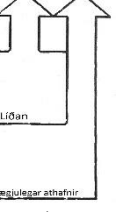
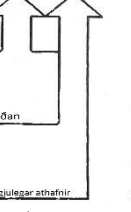
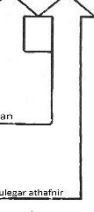
	Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12
		6	10	6	10	6	10	6	10	6	10	6	10
		5	8	5	8	5	8	5	8	5	8	5	8
	Meðal	4	6	4	6	4	6	4	6	4	6	4	6
		3	4	3	4	3	4	3	4	3	4	3	4
		2	2	2	2	2	2	2	2	2	2	2	2
	Neikvæð	1	0	1	0	1	0	1	0	1	0	1	0

Sunnudagur Mánudagur Þriðjudagur Miðvikudagur Fimmtudagur Föstudagur Laugardagur

Vika 2

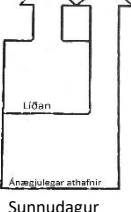
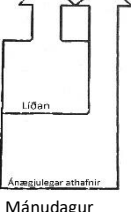
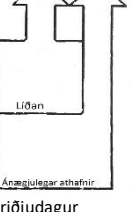
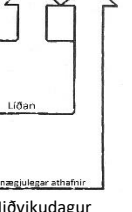
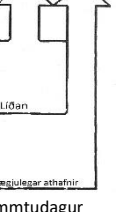
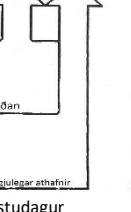
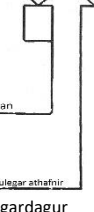
	Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12
		6	10	6	10	6	10	6	10	6	10	6	10
		5	8	5	8	5	8	5	8	5	8	5	8
	Meðal	4	6	4	6	4	6	4	6	4	6	4	6
		3	4	3	4	3	4	3	4	3	4	3	4
		2	2	2	2	2	2	2	2	2	2	2	2
	Neikvæð	1	0	1	0	1	0	1	0	1	0	1	0

Sunnudagur Mánudagur Þriðjudagur Miðvikudagur Fimmtudagur Föstudagur Laugardagur

Vika 3

	Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12
		6	10	6	10	6	10	6	10	6	10	6	10
		5	8	5	8	5	8	5	8	5	8	5	8
	Meðal	4	6	4	6	4	6	4	6	4	6	4	6
		3	4	3	4	3	4	3	4	3	4	3	4
		2	2	2	2	2	2	2	2	2	2	2	2
	Neikvæð	1	0	1	0	1	0	1	0	1	0	1	0

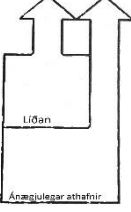
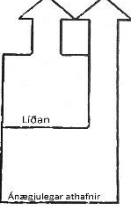
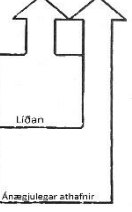
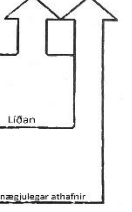
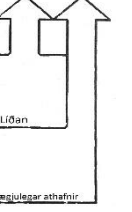
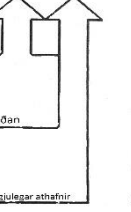
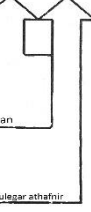
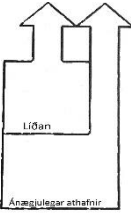
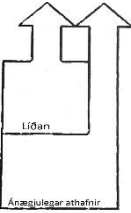
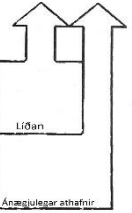
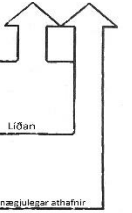
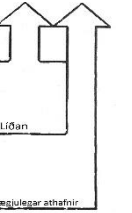
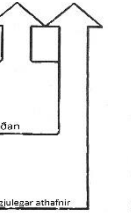
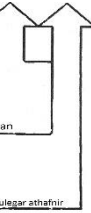
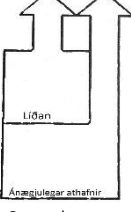
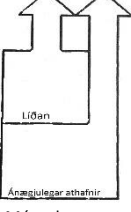
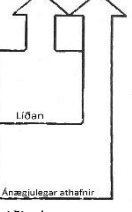
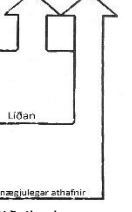
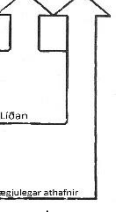
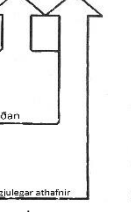

Sunnudagur Mánudagur Þriðjudagur Miðvikudagur Fimmtudagur Föstudagur Laugardagur

Skrifaðu upp ánægjulegar athafnir hér

1---2---3---4---5---6---7

(skrifaðu dæmi hér fyrir ofan) mjög leiður meðal mjög glaður (skrifaðu dæmi hér fyrir ofan)

Dagbóarskráning yfir líðan og virkni – vikur 4-6

Vika 4	Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12	7	12
		6	10	6	10	6	10	6	10	6	10	6	10	6	10
		5	8	5	8	5	8	5	8	5	8	5	8	5	8
	Meðal	4	6	4	6	4	6	4	6	4	6	4	6	4	6
		3	4	3	4	3	4	3	4	3	4	3	4	3	4
		2	2	2	2	2	2	2	2	2	2	2	2	2	2
	Neikvæð	1	0	1	0	1	0	1	0	1	0	1	0	1	0
															
	Sunnudagur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur								
Vika 5	Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12	7	12
		6	10	6	10	6	10	6	10	6	10	6	10	6	10
		5	8	5	8	5	8	5	8	5	8	5	8	5	8
	Meðal	4	6	4	6	4	6	4	6	4	6	4	6	4	6
		3	4	3	4	3	4	3	4	3	4	3	4	3	4
		2	2	2	2	2	2	2	2	2	2	2	2	2	2
	Neikvæð	1	0	1	0	1	0	1	0	1	0	1	0	1	0
															
	Sunnudagur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur								
Vika 6	Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12	7	12
		6	10	6	10	6	10	6	10	6	10	6	10	6	10
		5	8	5	8	5	8	5	8	5	8	5	8	5	8
	Meðal	4	6	4	6	4	6	4	6	4	6	4	6	4	6
		3	4	3	4	3	4	3	4	3	4	3	4	3	4
		2	2	2	2	2	2	2	2	2	2	2	2	2	2
	Neikvæð	1	0	1	0	1	0	1	0	1	0	1	0	1	0
															
	Sunnudagur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur								

Skrifaðu upp ánægjulegar athafnir hér

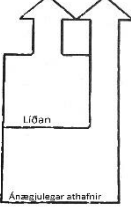
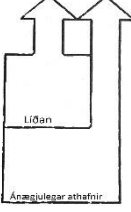
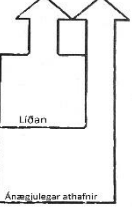
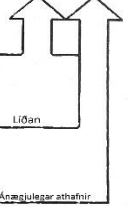
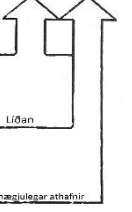
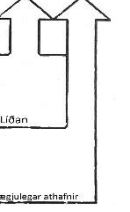
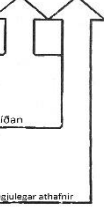
1---2---3---4---5---6---7

(skrifaðu dæmi hér fyrir ofan) mjög leiður meðal mjög glaður (skrifaðu dæmi hér fyrir ofan)

Dagbóarskráning yfir líðan og virkni – vikur 7-9

Vika 7

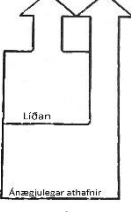
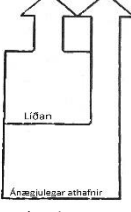
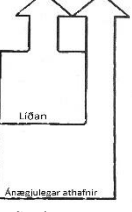
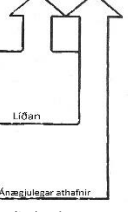
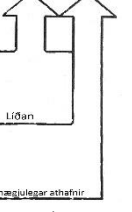
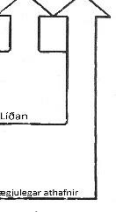
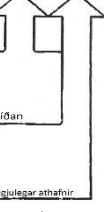
Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12	7	12
	6	10	6	10	6	10	6	10	6	10	6	10	6	10
	5	8	5	8	5	8	5	8	5	8	5	8	5	8
	4	6	4	6	4	6	4	6	4	6	4	6	4	6
	3	4	3	4	3	4	3	4	3	4	3	4	3	4
Meðal	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	0	1	0	1	0	1	0	1	0	1	0	1	0
Neikvæð														

Sunnudagur
Mánudagur
Þriðjudagur
Miðvikudagur
Fimmtudagur
Föstudagur
Laugardagur

Vika 8

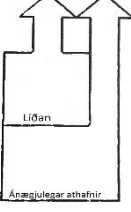
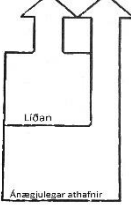
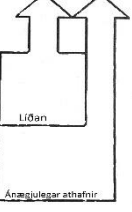
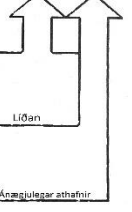
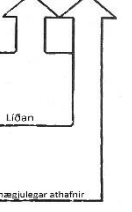
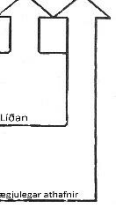
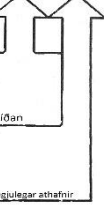
Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12	7	12
	6	10	6	10	6	10	6	10	6	10	6	10	6	10
	5	8	5	8	5	8	5	8	5	8	5	8	5	8
	4	6	4	6	4	6	4	6	4	6	4	6	4	6
	3	4	3	4	3	4	3	4	3	4	3	4	3	4
Meðal	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	0	1	0	1	0	1	0	1	0	1	0	1	0
Neikvæð														

Sunnudagur
Mánudagur
Þriðjudagur
Miðvikudagur
Fimmtudagur
Föstudagur
Laugardagur

Vika 9

Jákvæð	7	12	7	12	7	12	7	12	7	12	7	12	7	12
	6	10	6	10	6	10	6	10	6	10	6	10	6	10
	5	8	5	8	5	8	5	8	5	8	5	8	5	8
	4	6	4	6	4	6	4	6	4	6	4	6	4	6
	3	4	3	4	3	4	3	4	3	4	3	4	3	4
Meðal	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	0	1	0	1	0	1	0	1	0	1	0	1	0
Neikvæð														

Sunnudagur
Mánudagur
Þriðjudagur
Miðvikudagur
Fimmtudagur
Föstudagur
Laugardagur

Skrifaðu upp ánægjulegar athafnir hér

1---2---3---4---5---6---7

(skrifaðu dæmi hér fyrir ofan) mjög leiður meðal mjög glaður (skrifaðu dæmi hér fyrir ofan)