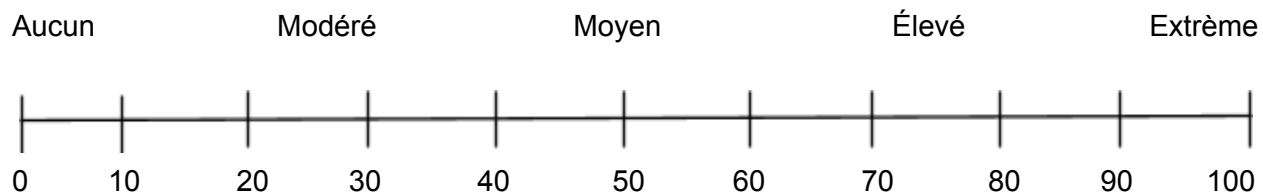


# ANXIÉTÉ, STOP!

## AUTO ÉVALUATION AU QUOTIDIEN

### Formulaire



| Date | Moyenne<br>d'Anxiété<br>(0 to 100) | Moyenne<br>deStresse<br>(0 to 100) | Notes |
|------|------------------------------------|------------------------------------|-------|
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