

Name: _____

Date: _____

DAILY MOOD CHART

How to use the Mood Chart

- ✓ At the end of each day rate your mood -the "Highest" or "Lowest" that you felt that day
 - ✓ Place a dot in the box that best describes your mood
 - ✓ If you have had High and Low moods on the same day place two dots
 - ✓ List the number of hours you slept each day
 - ✓ Weigh yourself on the 14th & 28th day of each month and record
- ✓ Rate any anxiety or irritability that you may have on a scale from 0-3 (3=high) and record daily
 - ✓ List your medications and place a check mark daily if you took your medicine
 - ✓ Place an "A" if you drank Alcohol or a "D" if you used any drug that was not prescribed by a doctor

High Mood	+3																															
	+2																															
	+1																															
NORMAL																																
Low Mood	-1																															
	-2																															
	-3																															
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
HOURS SLEPT																																
WEIGHT ON DAY 14 & 28																																
ANXIETY		Scale 1-5																														
IRRITABILITY																																
MEDICATION (name/mg)		Place a checkmark if medication was taken each day																														
Alcohol/Drugs																																
Exercise																																