

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																																						