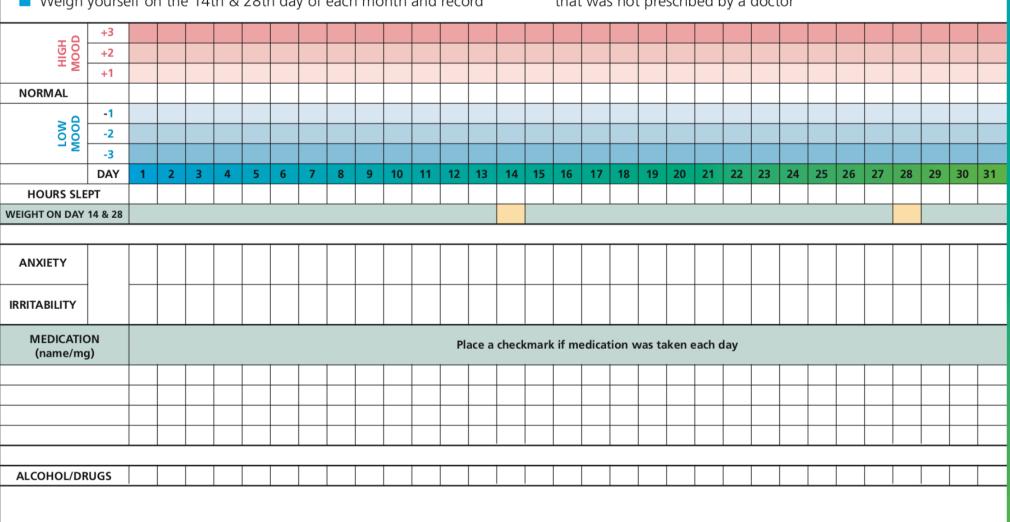
Dail	/ Mood	<b>I</b> Chart

## 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



Name \_\_\_\_\_\_ Month/Year \_\_\_\_\_