

# 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

<b>HIGH MOOD</b>	+3																															
	+2																															
	+1																															
<b>NORMAL</b>																																
<b>LOW MOOD</b>	-1																															
	-2																															
	-3																															
	<b>DAY</b>	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
<b>HOURS SLEPT</b>																																
<b>WEIGHT ON DAY 14 &amp; 28</b>																																
<b>ANXIETY</b>																																
<b>IRRITABILITY</b>																																
<b>MEDICATION (name/mg)</b>		Place a checkmark if medication was taken each day																														
<b>ALCOHOL/DRUGS</b>																																

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