DAILY MOOD CHART (Example)

PURPOSE OF MOOD CHARTING

This technique provides you with a simple way to generate a graphic representation of your mood fluctuations. Each page displays 1 month at a time. Mood charting allows you to bring together important pieces of information such as mood state, medication levels, and major life events. This should help in detecting patterns and looking to the future.

GENERAL INSTRUCTIONS

1. Every month, start a new chart. Fill in your name and date (month/year), It is best to fill in the chart daily before bedtime so you can summarize your day.

2. Mood rating: There are 2 major categories of mood rating: ELEVATED and DEPRESSED. Every day, check the appropriate boxes that describe mood elevation and mood depression. 1 box will be checked per day in each category. Link the boxes within the elevated mood category and within the depressed mood category to create 2 graphs. Record the presence of any psychotic symptoms (hallucinations, delusions, strange thoughts, etc.) on any day by checking the corresponding box.
SEE EXAMPLE BELOW.

3. Treatments: Indicate the name and dosage of one tablet of each medication that is prescribed to you. Each day, record the total number of tablets of each medication that you took. Leave the box blank if the medication was not taken. **SEE EXAMPLE BELOW**.

4. Major life events: In the area provided at the bottom of the chart ("DAILY NOTES"), note any significant event that you feel contributed to your mood state that day or may precipitate a future episode. Include suicide attempts, hospitalization, and psychotic symptoms. Women should circle the dates of menstruation. Record your weight once a month (weigh yourself on the same day every month).

ELEVATED MOOD																														
High						X	X	X																						
Moderate					X																									
Mild			X	X																										
Within Norms	X	X							X														X	X	X					
Within Norms										X																X	X			X
Mild											X											X						X	X	
Moderate												X	X	X	X						X									
Severe																X	X	X	X	X										
DEPRESSED MOOD																														
DAYS	**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**

VARIOUS																														
0=none 1=mild 2=moderate 3=severe **Anxiety**	0	0	0	0	0	0	0	0	0	1	1	1	2	2	3	3	3	3	3	3	3	3	2	2	0	0	0	0	0	0
Irritable	0	1	1	2	2	2	2	3	3	2	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strange ideas, Hallucinations, etc.							X																							
Hours slept last night	7	7	6	6	4	3	3	2	4	5	5	6	9	9	8	7	9	9	7	8	8	7	7	7	7	8	8	7	7	7

MEDICATION AND COUNSELING																														
Lithium					2		2	1	2	2	2	2						1	2	2	2	2	2	1	2	2	2	1	1	2

DAILY MOOD CHART for the MONTH of _____

ELEVATED MOOD																														
High																														
Moderate																														
Mild																														
Within Norms																														
Within Norms																														
Mild																														
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DAYS	**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**

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MEDICATION, COUNSELING, OTHER																														
Dr. Simpson																														
Psychiatry																														
Medication																														
Menstrual Cycle																														
Special Notes:																														