

Month/Year: \_\_\_\_\_

## Daily Mood Chart

[illegible]

Name: \_\_\_\_\_

Month/Year: \_\_\_\_\_

**Daily Mood Chart Instructions:**

**Mood Rating**

- At the end of each day, rate your mood at the “Highest” of “Lowest” that you felt that day
- Place a dot in the box that best describes your mood
- If you had high and low moods on the same day, place two dots

**Anxiety & Irritability**

- Rate each on a scale from 0-3 (0=low, 3=high) daily

**Medications**

- Note any additional medications taken, medication dosage changes and any adverse effects attributed to medications with a “x” and describe more fully in the Mood Diary Explanation Log.

**Alcohol/Drugs**

- Place an “A” if you drank alcohol or a “D” if you used any drugs or remedies not prescribed by a doctor
- Use the Mood Diary Explanation Log to elaborate as needed

**Exercise**

- If you tend to do a similar exercise regimen regularly, please note this regimen on the attached form and use an asterik (\*) in the box next to a “Y” when you have exercised, but it is quite different than your normal regimen. Please note the intensity and duration of this exercise on the attached form

**Food Intake**

- If you have not eaten regular meals and/or have eaten quite different amounts or types of foods, please note the differences on the Mood Diary Explanation Log. and use an asterik (\*) in the box

**Menses**

- Please note the day that you start bleeding with a dot and note each subsequent day of bleeding until your period (menses) is over
- If you know the day that you are ovulating, please note this with an “O”- otherwise leave blank
- If your menses is different than usual in timing, amount or duration of bleeding and any associated symptoms, please note on the log form

**Stressful/Emotional Event**

- Please note with an asterik (\*) any days that you have had an event, occurrence or interaction that was very stimulating (it can be joyous or distressing). This may include physical or mental/emotional symptoms. For any day you note in this manner, please elaborate on the Mood Diary Explanation Log.

Name: \_\_\_\_\_

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### **Mood Diary Explanation Log**

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Name: \_\_\_\_\_

Month/Year: \_\_\_\_\_

Day 19:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 31:

*Additional Information from days above or other reflections on the month:*