

# 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
  - Rate any anxiety or irritability that you may have on a scale from 0-3 (3=high) and record daily
- Place a dot in the box that best describes your mood
  - List your medications and place a check mark daily if you took your medicine
- If you have had High and Low moods on the same day place two dots
  - Place an “A” if you drank Alcohol or a “D” if you used any drug that was not prescribed by a doctor
- List the number of hours you slept each day
  - Weigh yourself on the 14th & 28th day of each month and record that was not prescribed by a doctor

HIGH MOOD	+3																														
	+2																														
	+1																														
NORMAL	-1																														
	-2																														
	-3																														
MOOD																															
HOURS SLEPT	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
WEIGHT ON DAY 14 & 28																															

ANXIETY																														
IRRITABILITY																														

MEDICATION (name/mg)	Place a checkmark if medication was taken each day																														
ALCOHOL/DRUGS																															

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