My Monthly Mood Chart

- Try to fill out your mood chart every day. Consider asking a trusted family member or friend to complete your mood chart if you are ill or having a mood episode. The information during this time is valuable, and you may not feel up to completing it yourself.
- Check the space that says what your mood is. If you have mania and depression on the same day, check all the moods that you have on that day. Fill in all the boxes about sleep, medicines, side effects, and weight.

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
Severe (strong) mania (not able to do things or in hospital)																															
Moderate (middle) mania (can do things—but may be hard to finish)																															
Mild mania (more energy—may feel really good or more irritable)																															
Stable (okay)																															
Mild depression (a little down—may feel blue or low)																															
Moderate (middle) depression (can do things—but it may be harder)																															
Severe (strong) depression (not able to do things or in hospital)																															
Anxiety (nervous or worry)																															
Irritability (anger)																															
Medicines (check if you took all of them as instructed)																															
Side effects (check here—tell about them in comments below)																															
Hours slept (how many)																															
Weight (every week)																															

Notes for this month — Write about things that caused stress (like fights, problems at work or home, new job), side effects, problems taking medicine, your menstrual cycle (period).

Date	Comments	Date	Comments

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