

Daily Mood Tracking Chart

Directions: At the end of each day, use this calendar to record your medications, overall mood, hours of sleep, and other symptoms and/or life events. This will help you and your healthcare provider monitor and improve your treatment.

Patient name: _____ Month: _____ Year: _____

			DATES																														
1. CHART YOUR MEDS (record number of pills each 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
Name of medication	Pill strength	# pills/day																															
2. CHART YOUR MOOD (✓ your mood each day and how it has affected your ability to function at work, home, or school)			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
Mania	4	Severe: Completely unable to function or hospitalized																															
	3	Moderate to High: Great difficulty functioning																															
	2	Moderate: Some difficulty functioning																															
	1	Mild: Usual routine not affected much; may be more active than usual																															
	0	Stable mood: no mania or depression																															
Depression	1	Mild: Usual routine not affected much; depressed mood																															
	2	Moderate: Some difficulty functioning																															
	3	Moderate to high: Great difficulty functioning																															
	4	Severe: Completely unable to function or hospitalized																															
3. RECORD OTHER HABITS AND EVENTS			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
# hours slept last night																																	
Used alcohol or drugs (✓ if yes – or enter number of drinks)																																	
Other symptoms or life events (✓ if yes; date and describe on back) <i>Example symptoms:</i> pain, taking risks, feeling paranoid or irritable <i>Example life events:</i> argument, promotion, family conflict																																	

