

MONTHLY MOOD CHART

NAME: _____

MONTH/YEAR: _____

ELEVATED MOOD	SEVERE
	MODERATE
	MILD
	WITHIN NORMS
DEPRESSED MOOD	WITHIN NORMS
	MILD
	MODERATE
	SEVERE

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 31

0=NONE	ANXIETY
1=MILD	
2=MODERATE	IRRITABILITY
3=SEVERE	
STRANGE IDEAS, HALLUCINATIONS, ETC.	
HOURS SLEPT LAST NIGHT	

TREATMENTS	VERBAL THERAPY
	LITHIUM: _____ mg
	BENZODIAZEPINE: _____ mg
	ANTICONVULSANT: _____ mg
	ANTIDEPRESSANT: _____ mg
	NEUROLEPTIC: _____ mg
	OTHER: _____ mg
	OTHER: _____ mg

DAILY NOTES