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

HIGH MOOD	+3																													
	+2																													
	+1																													
NORMAL																														
LOW MOOD	-1																													
	-2																													
	-3																													
	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
HOURS SLEPT																														
WEIGHT ON DAY 14 & 28																														
ANXIETY																														
IRRITABILITY																														
MEDICATION (name/mg)	Place a checkmark if medication was taken each day																													
ALCOHOL/DRUGS																														

Name _____ Month/Year _____

Copyright 2007 by the Center for Quality Assessment and Improvement in Mental Health. Reprinted by SCORxE