Mood Chart: For each day ask: 1) What symptoms am I having (high, low or both)? 2) How much of a problem are they causing in my life? 3) Place an X in the corresponding box below the date (if you had both high and low symptoms, place an X on both sides). For women, circle the dates of your menses.

Month:	*My symptoms caused...*	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
HIGH: *more active;* mood is elevated, happy or irritable, racing thoughts, high energy or activity, don't need sleep, risky or impulsive behavior.	Can't function																															
	Many problems																															
	Some problems																															
	Mild/ No problems																															
	STABLE																															
LOW: *less active;* sad, anxious or empty mood, don't enjoy life, hopeless, insomnia or poor sleep, fatigue, low motivation, slowed down.	Mild/ No problems																															
	Some problems																															
	Many problems																															
	Can't function																															
	Record hours slept																															

Month:	*My symptoms caused...*	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
HIGH: *more active;* mood is elevated, happy or irritable, racing thoughts, high energy or activity, don't need sleep, risky or impulsive behavior.	Can't function																															
	Many problems																															
	Some problems																															
	Mild/ No problems																															
	STABLE																															
LOW: *less active;* sad, anxious or empty mood, don't enjoy life, hopeless, insomnia or poor sleep, fatigue, low motivation, slowed down.	Mild/ No problems																															
	Some problems																															
	Many problems																															
	Can't function																															
	Record hours slept																															

Month:	*My symptoms caused...*	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
HIGH: *more active;* mood is elevated, happy or irritable, racing thoughts, high energy or activity, don't need sleep, risky or impulsive behavior.	Can't function																															
	Many problems																															
	Some problems																															
	Mild/ No problems																															
	STABLE																															
LOW: *less active;* sad, anxious or empty mood, don't enjoy life, hopeless, insomnia or poor sleep, fatigue, low motivation, slowed down.	Mild/ No problems																															
	Some problems																															
	Many problems																															
	Can't function																															
	Record hours slept																															