Daily Mood Chart

Copy as needed.

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

		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 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 _____

Source: STABLE Resource Toolkit: www.cqaimh.org/stable_toolkit.html

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