MONTHLY MOOD CHART

NAME:_____

MONTH/YEAR:_____

Adapted with permission from Gary S. Sachs, MD

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		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
ELEVATED MOOD	Severe																															
	Moderate																															
	Mild																															
	Within Norms																															
DEPRESSED MOOD	Within Norms																															
	Mild																															
	Moderate																															
	Severe																															
	DAYS																															
	0 = none 1 = mild 2 = moderate 3 = severe **Anxiety**																															
	Irritability																															
	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																																