


MOOD TRACKER


MOODS	check all moods experienced that 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	
HYPOMANIC																																
ELATED																																
CHEERFUL																																
STABLE																																
SAD																																
DESPONDENT																																
VERY DEPRESSED																																
BEHAVIOURS - RATE USING SLIDING SCALE	NONE=0 SLIGHTLY=3 FAIRLY=5 VERY=7 EXTREMELY=10																															
ANXIOUS																																
IRRITABLE																																
MOTIVATED																																
TALKATIVE																																
AGGRESSIVE																																
TIRED																																
UNAMBITIOUS																																
EMOTIONLESS																																
SUICIDAL																																
MEDICATIONS	check the box if taken that day																															
REQUIRED																																
AS REQUIRED																																
LIFESTYLE	check the box if applicable that day																															
EXERCISE																																
HOURS SLEPT																																
REGULAR EATING HABITS																																
WENT TO WORK																																
GOT DRESSED																																
GOOD HYGIENE																																
USED ALCOHOL/NON-PRESCRIBED DRUGS																																


MOOD TRACKER


MOODS	check all moods experienced that 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
HYPOMANIC																															
ELATED																															
CHEERFUL																															
STABLE																															
SAD																															
DESPONDENT																															
VERY DEPRESSED																															
BEHAVIOURS - RATE USING SLIDING SCALE	NONE=0 SLIGHTLY=3 FAIRLY=5 VERY=7 EXTREMELY=10																														
ANXIOUS																															
IRRITABLE																															
MOTIVATED																															
TALKATIVE																															
AGGRESSIVE																															
TIRED																															
UNAMBITIOUS																															
EMOTIONLESS																															
SUICIDAL																															
MEDICATIONS	check the box if taken that day																														
REQUIRED																															
AS REQUIRED																															
LIFESTYLE	check the box if applicable that day																														
EXERCISE																															
HOURS SLEPT																															
REGULAR EATING HABITS																															
WENT TO WORK																															
GOT DRESSED																															
GOOD HYGIENE																															
USED ALCOHOL/NON-PRESCRIBED DRUGS																															