Daily Mood Swing Graph for Bipolar Disorder

Month:

Please use this Daily Mood Graph to chart mood swings and the efects of any triggers and medications prescribed for you.

Highs																														
Normal																														
Depressed																														
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
Medication A																															
Medication B																															
Medication C																															
e.g. Prozac	20mg	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	40mg	→	→	→	→	→	→	→	→	→	→	→	→
Notes on sleep patterns, triggers, events, etc.																															