

Daily Mood Chart for Mood Tracking

...	Hours					Levels (0-3)			Affect Mood							Notes			
Day	Sleep	Exercise	Work	Fun	Other	Anxiety	Energy	Clarity	Impulsiveness	4	3	2	1	x	1		2	3	4
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Instructions: Log in Daily. Keep to help you and your doctor track your mood pattern.

Sleep, Exercise(including meditating), *Work* (including chores), *fun* (including therapies)= number of hours and *Other*

Anxiety, irritability, Energy, Clarity, Impulsiveness = a number 0 to 3
0= non , 1= mildly, 2=intrusive, 3 = extremely intrusive

Mood. make a mark or an X in the box that best decries Affect- mood.
1=mild, 2= intrusive, 3= intrusive and inhibiting functionality,
4= feeling like danger to self or others. seek support or doctor.