

Daily Mood Chart							
	Day	1	2	3	4	5	...
High Mood	+3						
	+2						
	+1						
Normal							
Low Mood	-1						
	-2						
	-3						
Hours Slept							
Anxiety							
Irritability							
Medication							
Alcohol/Drugs							
Physical Exercise							
Unusual Stressors							

Documentation of stressors: