# Daily Mood Diary

## Mood Rating

<table>
<thead>
<tr>
<th>High</th>
<th>+3</th>
<th>+2</th>
<th>+1</th>
<th>Normal</th>
<th>-1</th>
<th>Low</th>
<th>-2</th>
<th>-3</th>
</tr>
</thead>
</table>

| 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 |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|

## Hours Slept

<table>
<thead>
<tr>
<th>Weight (lbs) (day 14 &amp; 28)</th>
</tr>
</thead>
</table>

## Anxiety

## Irritability

## Medication
(name/dose)

Place a checkmark (✓) if medication was taken each day
Place a “x” if medication was not taken and list why on separate sheet

## Alcohol/Drugs

## Exercise (Y/N)

## Food Intake

## Menses

## Stressful/Emotional Event


Daily Mood Diary Instructions:

Mood Rating
- At the end of each day, rate your mood at the “Highest” of “Lowest” that you felt that day
- Place a dot in the box that best describes your mood
- If you had high and low moods on the same day, place two dots

Anxiety & Irritability
- Rate each on a scale from 0-3 (0=low, 3=high) daily

Medications
- Note any additional medications taken, medication dosage changes and any adverse effects attributed to medications with a “x” and describe more fully in the Mood Diary Explanation Log.

Alcohol/Drugs
- Place an “A” if you drank alcohol or a “D” if you used any drugs or remedies not prescribed by a doctor
- Use the Mood Diary Explanation Log to elaborate as needed

Exercise
- If you tend to do a similar exercise regimen regularly, please note this regimen on the attached form and use an asterisk (*) in the box next to a “Y” when you have exercised, but it is quite different than your normal regimen. Please note the intensity and duration of this exercise on the attached form

Food Intake
- If you have not eaten regular meals and/or have eaten quite different amounts or types of foods, please note the differences on the Mood Diary Explanation Log. and use an asterisk (*) in the box

Menses
- Please note the day that you start bleeding with a dot and note each subsequent day of bleeding until your period (menses) is over
- If you know the day that you are ovulating, please note this with an “O”- otherwise leave blank
- If your menses is different than usual in timing, amount or duration of bleeding and any associated symptoms, please note on the log form

Stressful/Emotional Event
- Please note with an asterisk (*) any days that you have had an event, occurrence or interaction that was very stimulating (it can be joyous or distressing). This may include physical or mental/emotional symptoms. For any day you note in this manner, please elaborate on the Mood Diary Explanation Log.
Mood Diary Explanation Log

Day 1:
Day 2:
Day 3:
Day 4:
Day 5:
Day 6:
Day 7:
Day 8:
Day 9:
Day 10:
Day 11:
Day 12:
Day 13:
Day 14:
Day 15:
Day 16:
Day 17:
Day 18:
Day 19:
Day 20:
Day 21:
Day 22:
Day 23:
Day 24:
Day 25:
Day 26:
Day 27:
Day 28:
Day 29:
Day 31:

_Additional Information from days above or other reflections on the month:_