MOOD TRACKER

MONTH/YEAR:

TRACKING POINT	MOST EXTREME	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
DEPRESSION sad, hopeless, tearful, diminished pleasure, restless or slow, guilt, poor concentration, thoughts of death	SEVERE																															
	MODERATE																															
	LOW																															
ANXIETY tension, restlessness, worrying, fear something awful will happen, fear of losing self-control	SEVERE																															
	MODERATE																															
	LOW																															
IRRITABILITY impatience, anger, frustration, stress intolerance, sensitivity to stimuli	SEVERE																															
	MODERATE																															
	LOW																															
ELEVATED increased self-esteem, less need for sleep, talkative, racing thoughts, goal-directed	SEVERE																															
	MODERATE																															
	LOW																															
STRESS	SEVERE																															
	MODERATE																															
	LOW																															
SLEEP	>9 HOURS																															
	7-9 HOURS																															
	<7 HOURS																															
ENERGY	HIGH																															
	NORMAL																															
	LOW																															

SYMPTOM/MEDICATION TRACKING	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:																															
MEDICATION:																															
MEDICATION:																															
MEDICATION:																															
MEDICATION:																															
MEDICATION:																															