

Patient ID

Mood Chart

Month/Year

Daily Notes

R

TREATMENTS

(Enter number of tablets taken each day)

Verbal Therapy	
Lithium	__ mg
Benzodiazepine	__ mg
Anticonvulsant	__ mg
Antidepressant	__ mg
	__ mg
Antipsychotic	__ mg
	__ mg

Weight

MOOD

Rate with 2 marks each day to indicate best and worst

WNL	Elevated			WNL	Depressed			Hours Slept Last Night	Anxiety	Irritability
	Mild	Mod.	Severe		Mild	Mod.	Severe			
MOOD NOT DEFINITELY ELEVATED OR DEPRESSED. NO SYMPTOMS Circle date to indicate Menstr										
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2										
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0 = none
 1 = mild
 2 = moderate
 3 = severe