MONTHLY MOOD CHART

NAME:_____

MONTH/YEAR:_____

Adapted with permission from Gary S. Sachs, MD

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ELEVATED MOOD

- Severe
- Moderate
- Mild
- Within Norms

DEPRESSED MOOD

- Within Norms
- Mild
- Moderate
- Severe

DAYS

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

0 = none
1 = mild
2 = moderate
3 = severe

- **Anxiety**
- **Irritability**
- Strange ideas, Hallucinations, etc
- **Hours slept last night**

TREATMENTS

- Verbal Therapy
- Lithium: _____ ____mg
- Benzodiazepine: _____ ____mg
- Anticonvulsant: _____ ____mg
- Antidepressant: _____ ____mg
- Neuroleptic: _____ ____mg
- Other: _____ ____mg
- Other: _____ ____mg

DAILY NOTES