

Mood Chart

Adapted from Sachs, G (1996): J. Clin. Psychopharm. 16:2(suppl 1) p47S

Date (circle for menses)	Exercise /Medication (enter amounts, note dose <i>changes</i>)						Energy/Mood (<i>can</i> use two check marks: worst and best for each day)			Sleep check one, or hours			Irritability 0-3 scale	Events/Notes/Observations
	Exercise type	How long	med 1	med 2	med 3	med 4	nl	normal mood		increased sleep	normal sleep	insomnia		Questions to ask, connections you suspect; or significant events that might affect mood — interactions, successes, disappointments, anniversaries, illness, losses, etc.
Walk Swim Run Bike Etc.		mg	mg	mg	mg									
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