Mood Tracker

courtesy of the BiPolar Bears, Phoenix, Arizona

Month: _____ Year: ____

Medication/Supplement	Dose	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
Minutes of exercise:																																
Used alcohol/drugs: √ if yes																																
Hours of nighttime sleep:																																
Manic	Severe: friends want me in the hospital																															
	High: feedback that behavior is strange																															
	Medium: some say behavior is strange																															
	Mild: energetic or disorganized																															
	Stable																															
Depressed	Mild: low mood, but getting along																															
	Medium: effort needed to get going																															
	High: difficulty keeping routine																															
	Severe: largely unable to function																															
Mixed state: √ if yes																																
Mood: -10 (depressed) to +10 (manic)																																
Number of mood changes:																																
Anxiety symptoms: √ if yes																																

	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
Physical and mental symptoms that interfere: loss of appetite, pain, nausea, paranoia, suicidal thoughts; rate from 0 (very mild) to 10 (intolerable)																															

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Life events: positive and negative daily events; rate from -10 (equal to the worst ever) to +10 (equal to the best ever)																															