

# MOOD & ENERGY CHART

Chart for: Monitoring of Mood and Energy

- 1) Keep this form in a convenient place--taped to your bathroom mirror or inside your medicine cabinet.
- 2) Rate your mood & energy as a BAR GRAPH. Thus, you can rate the RANGE which your mood has been that day. (While your mood was low your energy may have been elevated).
- 3) Note any events which may have affected your mood.
- 4) Note any sleep disturbances, caffeine, alcohol, or other substances in the lower part of the chart. Please make sure you note any changes in medications or dosage.
- 5) M = heavy menstrual flow; n = light flow.

Date	Mood	Energy																	
Mania	+5																		
Euphoria	+4																		
Very 'Up'	+3																		
'Up' or	+2																		
A Bit Better	+1																		
A Bit Down	-1																		
Down/Irritable	-2																		
VERY Down	-3																		
Hopeless	-4																		
Suicidal	-5																		
Menses(M/m)																			
Weight																			
HARD TO FALL ASLEEP																			
HARD TO STAY ASLEEP																			
EARLY AM WAKING																			
NEED TO OVERTSLEEP																			