|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood** | | **Mon.** | **Tue.** | **Wed.** | **Thur.** | **Fri.** | **Sat.** | **Sun.** |
| **Very Elevated** | 10 |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |
| **Elevated** | 8 |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |
| **Neutral** | 6 |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |
| **Depressed** | 4 |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |
| **Very Depressed** | 2 |  |  |  |  |  |  |  |
| 1 |  |  |  |  |  |  |  |
| **Sleep** | | **Mon.** | **Tue.** | **Wed.** | **Thur.** | **Fri.** | **Sat.** | **Sun.** |
| **Woke up at:** | |  |  |  |  |  |  |  |
| **Fell asleep at:** | |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Signs & Symptoms** | List any signs or symptoms of depression or mania you experience. Elaborate when necessary. You may refer to the list of common signs below, or write your own. |
| • anxiety • irritability • sleep changes • motivation ( / ) • mood ( / ) • rumination • paranoia • substance use • sociability ( / ) • energy ( / ) |
| **Mon.** |  |
| **Tue.** |  |
| **Wed.** |  |
| **Thur.** |  |
| **Fri.** |  |
| **Sat.** |  |
| **Sun.** |  |