

MOOD TRACKING CHART

Month: _____ Year: _____ Patient ID: _____

DATE	MOOD SCALE (-5 TO +5)	SLEEP (HRS)	MEDS	TRIGGERS / SYMPTOMS
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Key Indicators

- +5: Severe Mania / Extreme Risk
- 0: Balanced / Euthymic
- -5: Severe Depression / Suicidal Ideation

Monthly Summary Notes

Significant changes, medication adjustments, or life events...