

MOOD TRACKER

Month:

Year:

Metric / Day

Mood (Scale +5 to -5)

Anxiety (0-10)

Irritability (0-10)

Sleep (Hours)

Medication Taken (Y/N)

Exercise (Y/N)

Alcohol/Caffeine

+5 Manic / High Energy

+3 Hypomanic

0 Stable / Balanced

-3 Mild Depression

-5 Severe Depression

TRIGGERS & SIGNIFICANT EVENTS

PHYSICAL SYMPTOMS & SIDE EFFECTS