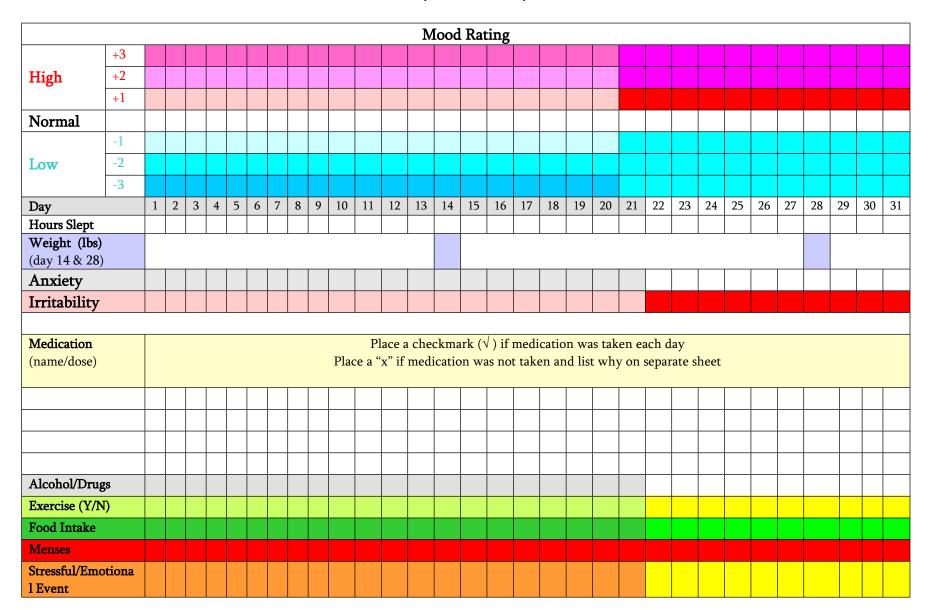
Name:	Month/Year:
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# Daily Mood Diary



Name:	Month/Year:
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## **Daily Mood Diary Instructions:**

# **Mood Rating**

- -At the end of each day, rate your mood at the "Highest" of "Lowest" that you felt that day
- -Place a dot in the box that best describes your mood
- -If you had high and low moods on the same day, place two dots

# Anxiety & Irritability

-Rate each on a scale from 0-3 (0=low, 3=high) daily

#### Medications

-Note any additional medications taken, medication dosage changes and any adverse effects attributed to medications with a "x" and describe more fully in the Mood Diary Explanation Log.

## Alcohol/Drugs

- -Place an "A" if you drank alcohol or a "D" if you used any drugs or remedies not prescribed by a doctor
- -Use the Mood Diary Explanation Log to elaborate as needed

### **Exercise**

-If you tend to do a similar exercise regimen regularly, please note this regimen on the attached form and use an asterisk (\*) in the box next to a "Y" when you have exercised, but it is quite different than your normal regimen. Please note the intensity and duration of this exercise on the attached form

## Food Intake

-If you have not eaten regular meals and/or have eaten quite different amounts or types of foods, please note the differences on the Mood Diary Explanation Log. and use an asterisk (\*) in the box

#### Menses

- -Please note the day that you start bleeding with a dot and note each subsequent day of bleeding until your period (menses) is over
- -If you know the day that you are ovulating, please note this with an "O"- otherwise leave blank
- -If your menses is different than usual in timing, amount or duration of bleeding and any associated symptoms, please note on the log form

## Stressful/Emotional Event

-Please note with an asterisk (\*) any days that you have had an event, occurrence or interaction that was very stimulating (it can be joyous or distressing). This may include physical or mental/emotional symptoms. For any day you note in this manner, please elaborate on the Mood Diary Explanation Log.

Name:
Mood Diary Explanation Log
Day 1:
Day 2:
Day 3:
Day 4:
Day 5:
Day 6:
Day 7:
Day 8:
Day 9:
Day 10:
Day 11:
Day 12:
Day 13:
Day 14:
Day 15:
Day 16:
Day 17:

Day 18:

Month/Year:\_\_\_\_\_

Name:	Month/Year:
Day 19:	
Day 20:	
Day 21:	
Day 22:	
Day 23:	
Day 24:	
Day 25:	
Day 26:	
Day 27:	
Day 28:	
Day 29:	
Day 31:	

 $Additional\ Information\ from\ days\ above\ or\ other\ reflections\ on\ the\ month:$