

Mood Chart

Month/Weekday																														Directions	3/8
Med Changes																															<p>At the end of each week, rate your mood with the two scales on the back. Then shade the boxes up to your total score for the each scale (0-27). Use one color for high energy and another for low.</p> <p>Write the month/day of your rating in the top box.</p> <p>In the <i>Life Changes</i>, column, include major events, stresses, and – importantly – when you started or stopped a therapeutic routine (such as therapy, exercise, or diet).</p> <p>In the example at right, high energy was rated 14 and low energy rated 2 on March 8th.</p>
High Energy	20–27																													<p>Write the month/day of your rating in the top box.</p>	
	15–19																														
	10–14																														
	5–9																														
	0–4																														
Low Energy	0–4																													<p>In the <i>Life Changes</i>, column, include major events, stresses, and – importantly – when you started or stopped a therapeutic routine (such as therapy, exercise, or diet).</p> <p>In the example at right, high energy was rated 14 and low energy rated 2 on March 8th.</p>	
	5–9																														
	10–14																														
	15–19																														
	20–27																														
Life Changes																															<i>Start walking routine</i>

Low energy symptoms Over the <i>past week</i> , how often have you been bothered by any of the following...	Not at all	Several days	More than half the days	Nearly every day	High energy symptoms Over the <i>past week</i> , how often have you been bothered by any of the following...	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3	Feeling unusually good; or having emotions that swing rapidly from one to another	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3	Hyped up, energized, physically restless, agitated, or wired with anxious energy	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3	Irritable, impatient, or argumentative	0	1	2	3
Feeling tired or having little energy	0	1	2	3	Feeling more confident, sure of your ideas, or self important; or being demanding, pushy, or overly stubborn	0	1	2	3
Poor appetite or overeating	0	1	2	3	Sleeping less than usual but still able to do a lot during the day; or irregular sleep patterns that swing from sleeping excessively to up all night	0	1	2	3
Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3	More talkative than usual, interrupting others, or speech that is rapid, loud, or pressured	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3	Easily distracted, racing thoughts, or thoughts that jump from topic to topic	0	1	2	3
Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3	More active, social, or sexual than usual; doing more projects or making more plans than usual; or shifting tasks frequently, or driven to do something but you don't know what to do	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3	Acting on impulse or doing things that others might think are excessive, foolish, or risky. For example: overspending, sexual indiscretions, sudden travel, reckless driving, suddenly starting or ending relationships or jobs, breaking things, violence, dangerous behavior, binge eating, addictions.	0	1	2	3
Total score (0-27):					Total score (0-27):				