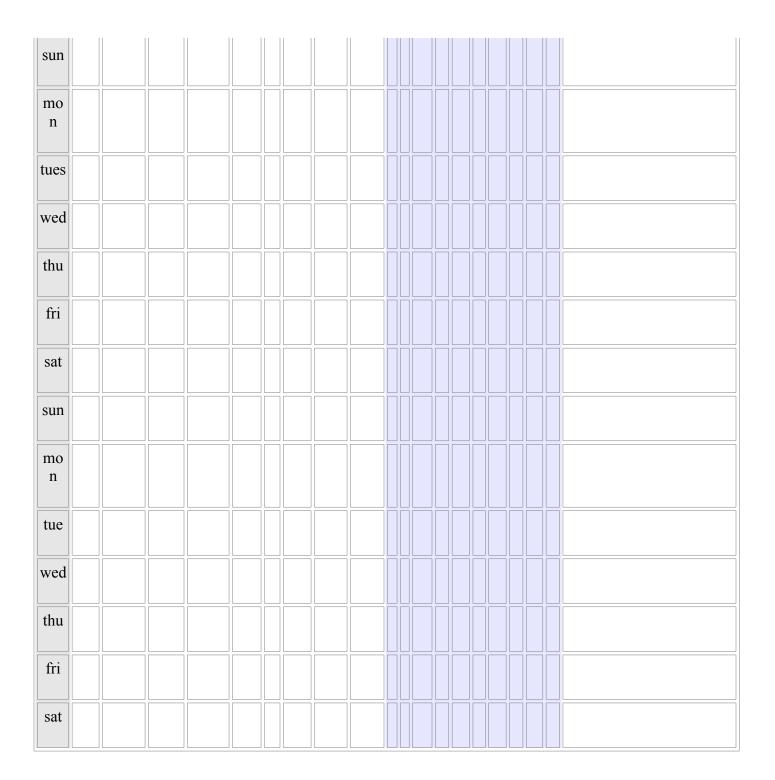
Simple Daily Mood Chart for Bipolar Disorder Management

date started:

day	·	Sleep (hrs).	Exer - cise (hrs)	Work (hrs)	Fu n (hr s)		irra- bilit y leve	ener - gy leve 1		M 3 1	O 1 w	O 1 h	2 i	D 3 g	4 h	Notes
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instructions.... log in daily.

Sleep, Exercise(including meditating), Work(including chores), fun (including therapies)= number of hours

Anxiety, irrat., energy.= a number 0 to 3 0= non, 1= mildly, 2=intrusive, 3 = extremely intrusive

Mood. make a mark or an X in the box that best decries Affect-mood. 1=mild, 2= intrusive, 3= intrusive and inhibiting functionality, 4= feeling like danger to self or others, seek support or doctor.

mood chart was created for http://echopen.wordpress.com/

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