Daily Moo*d Cha*rt for Mood Tracking

...	*Hours*							*Levels (0-3)*					*Affect Mood*										
Day	Sleep	Exerc	Work	Fun	Oth	Oth	Anx	Irrat	Energ	Clar	Imp	4-	3	2	1	x	1	2	3	4+	Notes
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Instructions: Log in Daily. Keep to help you and your doctor track your mood pattern/.

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

Anxiety, *irritability*., *Energy*, *Clarity*, *Impulsiveness* = 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/

Created with Open office. www.Openoffice.org