Mood Chart

Month _____Year_____

Rate each day's average level. Measure three consecutive months and bring with you to the next visit.

Day of Month	0=none 1=Mild 2=Moderate 3=Severe			Depression Level			Normal Mood	Elevated Mood			Medications
(Circle day Menses starts)	Irritability	Anxiety	Hours slept	Severe = (Can't work)	Moderate	Mild	Check this column if mood normal this day	Mild	Moderate	Severe = (Can't work)	Record name and Mg taken this day
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