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	Irritability	Anxiety		Depression Level			Normal Mood	Elevated Mood			Medication	Comments
Circle day menses begins	0=NONE 1=MILD	2=MODERATE 3=SEVERE	Hours Slept	SEVERE	MODERATE	MILD	Check this column if mood normal for the day	MILD	MODERATE	SEVERE		
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