



Mood Log

Mood

Day	S	M	T	W	Th	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S		
5																														5+
4																														4+
3																														3+
2																														2+
1																														1+
0																														0
-1																														-1
-2																														-2
-3																														-3
-4																														-4
-5																														-5

Hours of sleep	S	M	T	W	Th	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S		

  

Events	S	M	T	W	Th	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S		

- 5+ not functioning at all; incapacitated or hospitalized.
- 4+ not functioning well at all due to mania
- 3+ A struggle to function due to mania
- 2+ A bit elated or irritable but not problematic
- 1+ A little better than usual but normal
- 0 Normal
- 1 a little more sad but still normal
- 2 down but able to function
- 3 depressed and struggling to function
- 4 not functioning in some areas due to depression
- 5 not functioning, marked suicidal ideation, hospitalized