### Daily Mood Tracking Chart

**Directions:** At the end of each day, use this calendar to record your medications, overall mood, hours of sleep, and other symptoms and/or life events. This will help you and your healthcare provider monitor and improve your treatment.

**Patient name:**

### 1. CHART YOUR MEDS (record number of pills each day)

<table>
<thead>
<tr>
<th>Date</th>
<th>Pill name</th>
<th>Pill strength</th>
<th># pills/day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 2. CHART YOUR MOOD (your mood each day and how it has affected your ability to function at work, home, or school)

- **Mania**
  - 4. **Severe:** Completely unable to function or hospitalized
  - 3. **Moderate to High:** Great difficulty functioning
  - 2. **Moderate:** Some difficulty functioning
  - 1. **Mild:** Usual routine not affected much; may be more active than usual
  - 0. **Stable mood:** no mania or depression

- **Depression**
  - 1. **Mild:** Usual routine not affected much; depressed mood
  - 2. **Moderate:** Some difficulty functioning
  - 3. **Moderate to high:** Great difficulty functioning
  - 4. **Severe:** Completely unable to function or hospitalized

### 3. RECORD OTHER HABITS AND EVENTS

- **# hours slept last night**
- **Used alcohol or drugs** (if yes – or enter number of drinks)
- **Other symptoms or life events** (if yes; date and describe on back)

**Example symptoms:** pain, taking risks, feeling paranoid or irritable

**Example life events:** argument, promotion, family conflict

© 2008–2015 Intermountain Healthcare. All rights reserved. Patient and Provider Publications MH200-12/15