

## MOOD MONITORING FORM (ADULT)

**Instructions:** In each **Day of the month** column, first record with a checkmark (?) that you have taken each medication (**Med:**). In the **Mood** section, place an x to record your mood each day (**Elevated** or **Depressed**, from mild to severe; NL is normal). In the **Sleep** section, record the number of hours you slept each day. In the **Energy or activity level** section, place an x to record your energy level each day (from low to high; NL is normal). In the bottom section, record any other feature of your mood or behavior you want to monitor (anxiety, anger, irritability, impulsivity).

Day of the month		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
<b>Med:</b>																																		
<b>Med:</b>																																		
<b>Med:</b>																																		
<b>Mood</b>	Severe																																	
	Elevated Mod																																	
	Mild																																	
	NL																																	
	Depressed Mild																																	
	Mod																																	
	Severe																																	
<b>Sleep (hrs)</b>	0																																	
	2																																	
	4																																	
	6																																	
	8																																	
	10																																	
	12																																	
	14																																	
<b>Energy or activity level</b>	High																																	
	NL																																	
	Low																																	
_____	High																																	
	NL																																	
	Low																																	
Day of the month		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		