

Mood Log

Mood	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Very Elevated	10						
	9						
Elevated	8						
	7						
Neutral	6						
	5						
Depressed	4						
	3						
Very Depressed	2						
	1						
Sleep	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Woke up at:							
Fell asleep at:							

Signs & Symptoms	List any signs or symptoms of depression or mania you experience. Elaborate when necessary. You may refer to the list of common signs below, or write your own.						
	• anxiety	• irritability	• sleep changes	• motivation (↑/↓)	• mood (↑/↓)	• ruminaton	• energy (↑/↓)
	• paranoia	• substance use	• sociability (↑/↓)				
Mon.							
Tue.							
Wed.							
Thur.							
Fri.							
Sat.							
Sun.							