High symptoms: *more active;* mood is elevated, happy or irritable, racing thoughts, high energy or active, don't need sleep, risky or impulsive behavior. Low symptoms: less active; sad, anxious or empty mood, don't enjoy life, hopeless, insomnia or poor sleep, fatigue, low motivation, slowed down. For Women: Circle dates of menses High Symptoms Low Symptoms Many problems Some problems Mild/ No problems Mild/ No problems Some problems Many problems Can't function Sleep quality Hours slept Can't function Stable Life Event Alcohol/Illicit Drugs **Effects** Day