

## BIPOLAR DISORDER: MOOD LOG

<u>Mood</u>	<u>Mon.</u>	<u>Tue.</u>	<u>Wed.</u>	<u>Thur.</u>	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
<b>Very elevated (10/9)</b>							
<b>Elevated (8/7)</b>							
<b>Neutral (6/5)</b>							
<b>Depressed (4/3)</b>							
<b>Very Depressed (2/1)</b>							
<u>Sleep</u>	<u>Mon.</u>	<u>Tue.</u>	<u>Wed.</u>	<u>Thur.</u>	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
<b>Woke up at:</b>							
<b>Fell asleep at:</b>							

<b>Signs &amp; Symptoms</b>	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(up or down) *mood(up or down) *rumination *paranoia *substance use *sociability(up or down) *energy(up or down)
<b>Mon.</b>	
<b>Tue.</b>	
<b>Wed.</b>	
<b>Thur.</b>	
<b>Fri.</b>	
<b>Sat.</b>	
<b>Sun.</b>	