

Date:	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	
Mood Tracking	<i>Place a checkmark in the box that reflects your symptoms each day</i>																															
Extremely Manic Incapacitated or hospitalized																																
Very Manic Not able to work / manage tasks																																
Somewhat Manic Able to work, but it's difficult																																
Mildly Manic Able to work w/ mild changes																																
Stable Desired quality of life																																
Mildly Depressed Able to work w/ mild changes																																
Somewhat Depressed Functioning with some effort																																
Very Depressed Difficulty functioning, can't work																																
Extremely Depressed Incapacitated or hospitalized																																
Mixed State Experiencing many things																																
Sleep	<i>Sleep is so important! How have you been sleeping?</i>																															
Hours Slept																																
Uninterrupted Sleep ?																																
Medications	<i>Let's remember to take our medications!</i>																															
Have you taken your medications today?																																