

Use this tool to keep your doctor informed about your mood symptoms. At the end of each day, record your mood and related factors. The more thorough your information, the more you can help your doctor and your treatment.

MONTH / YEAR

[illegible]

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
PHYSICAL ILLNESS (What did you have?)																															
notes																															
MENSTRUAL PERIOD (What type of flow?)																															
notes																															
MEALS (How many daily meals?)																															
notes																															
SNACKS (How many?)																															
notes																															
WEIGHT CHANGES (Indicate + or -)																															
notes																															
ALCOHOL USE																															
notes																															
DRUG USE																															
notes																															
JOBS (Days at work)																															
notes																															
PHYSICAL ACTIVITY/EXERCISE																															
notes																															
RELAXATION/MEDITATION																															
notes																															