



keeping track of your moods

A mood chart for patients with bipolar I disorder

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What is bipolar disorder?

Bipolar I disorder is a lifelong medical condition that can be confusing and unpredictable. If you have bipolar disorder, these emotional highs and lows can be so extreme that they can interfere with your daily life.

One day you may feel so depressed that you can't get out of bed, and you don't enjoy things you used to. On another day you may feel great—full of energy and creativity. But people around you might think that your actions are reckless and out of control.

Tracking your moods

In order to best manage your bipolar disorder, it can be helpful to track symptoms and side effects you are experiencing and describe them to your healthcare provider at your next visit. If you are experiencing problems, call your healthcare provider right away.

A mood chart can be a convenient way to track your moods, side effects, and sleep. It can also help you and your healthcare provider understand if your medicine is working for you.

Bring your mood chart with you so your healthcare provider can see any mood patterns and stressors that you may experience.

Using your mood chart

Try to fill out the chart every day until your next visit with your healthcare provider. Put a check mark in the space that best describes your mood, making sure to check all the moods that you have that day. Remember to fill in all the boxes about your sleep, medications, side effects, weight, etc.

On the pages following each chart is a tracking log to describe any things that happen in your life, situations that might be important, and details about side effects or problems you are having with your medicine. If you have trouble remembering to take your medicine, talk to your healthcare provider.

Remember: Bring your mood chart with you every time you visit your healthcare provider.

Daily Mood Chart *SAMPLE* Month: *March*

Day	1	2	3	4	5	6	7	8	9	10	11	12
Severe mania (unable to function or hospitalized)												
Moderate mania (functioning, but with some or great difficulty with goal-oriented activity)	✓											
Mild mania (more energized, usual routine not affected much)				✓	✓	✓	✓					
Stable	✓	✓										
Mild depression (usual routine not affected much)	✓											
Moderate depression (functioning with some or great effort)												
Severe depression (unable to function or hospitalized)												
Anxiety												
Irritability												
Medicines (check if all were taken as prescribed)	✓	✓	✓	✓	✓	✓	✓					
Side effects (describe in comments section)		✓	✓									
Hours slept (number of hours)	6	9	8	8	7	8	8					
Weight (in pounds, weekly)												

Monthly Tracking Log *SAMPLE*

Questions for my healthcare provider:
How can I feel more stable?

Date	Comments	Date	Comments
<i>3/1</i>	<i>Day started great but I felt down by noon</i>		
<i>3/2</i>	<i>Couldn't focus at work, had headache</i>		
<i>3/3</i>	<i>Started crying at store, can't think straight</i>		
<i>3/4</i>	<i>Felt better today</i>		

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Month:

Next doctor's appointment:

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