Mood Chart

Adapted from Sachs, G (1996): J. Clin. Psychopharm. 16:2(suppl 1) p47S

Date	Exercise /Medication (enter amounts, note dose *changes*)						Energy/Mood							Sleep			Irritability	Events/Notes/Observations
	Exercise type	How long	med 1	med 2	med 3	med 4	(*can* use two check marks: worst and best for each day)							check one, or hours			0-3 scale	Questions to ask, connections you suspect;
(circle for menses)	Walk Swim Run Bike Etc.		mg	mg	mg	mg	Low energy/mood cannot work +++	impaired ++	not impaired +	nl normal mood	Agitation/ anxiety/ "up" not impaired +	impaired ++	cannot work +++	increased sleep	normal sleep	insomnia		or significant events that might affect mood — interactions, successes, disappointments, anniversaries, illness, losses, etc.
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Adapted by Peter M. Brigham, MD 1997-8