Mood Chart

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

Date (circle for menses)	**Exercise /Medication** (enter amounts, note dose *changes*)						**Energy/Mood** (*can* use two check marks: worst and best for each day)							**Sleep** check one, or hours			**Irritability** 0-3 scale	**Events/Notes/Observations** Questions to ask, connections you suspect; or significant events that might affect mood — interactions, successes, disappointments, anniversaries, illness, losses, etc.
	Exercise type: Walk, Swim, Run, Bike, Etc.	How long	med 1 mg	med 2 mg	med 3 mg	med 4 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		
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Adapted by Peter M. Brigham, MD 1997-8