

Bipolar Disorder

Mood Log

Mood		Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Very Elevated	10							
	9							
Elevated	8							
	7							
Neutral	6							
	5							
Depressed	4							
	3							
Very Depressed	2							
	1							
Sleep		Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Woke up at:								
Fell asleep at:								

Signs & Symptoms	<p>List any signs or symptoms of depression or mania you experience. Elaborate when necessary. You may refer to the list of common signs below, or write your own.</p> <ul style="list-style-type: none"> • anxiety • irritability • sleep changes • motivation (↑/↓) • mood (↑/↓) • rumination • paranoia • substance use • sociability (↑/↓) • energy (↑/↓)
Mon.	
Tue.	
Wed.	
Thur.	
Fri.	
Sat.	
Sun.	