Week	of			

## **Mood Chart**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Severe Mania (+3)	•	-				•	-
Moderate hypo/mania (+2) ■							
Mild hypomania (+1)							
Balanced (0)							
Mild depression (-1)							
Moderate depression (-2)							
Severe depression (-3)							
I woke up at:							
I went to bed at:							
Other observations:							