

BIPOLAR MOOD CHART

Month _____ Year _____

DEPRESSION 0 none · 1 mild · 2 moderate · 3 severe	ELEVATION 0 none · 1 mild · 2 moderate · 3 severe	RATE EACH POLE SEPARATELY A single “mood out of 10” cannot hold both. Fill one row each evening — thirty seconds is enough.
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DATE	DEPRESSION 0-3	ELEVATION 0-3	ANXIETY 0-3	SLEEP hours	MEDS Y / N	NOTES a few words
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