

Mood Chart Instructions

- At the end of each day rate your mood – the “Highest” or “Lowest” that you felt that day.
- Place a dot in the box that best describes your mood.
- If you have had high and low moods on the same day place two dots.
- Rate any anxiety or irritability that you may have on a scale from 0-3 (3 = high) and record daily.
- Weigh yourself on the 28th of each month.
- List the number of hours you slept the night before.
- There is also a blank line. You may want to write in this line something else you feel might be related to your mood, such as your monthly cycle, or if you have a migraine headache, etc.
- List your medications and place a check mark daily if you took your medicine. You may want to put any supplements you believe might be affecting your mood as well.
- Bring your mood graphs to your appointment to review with Dr. Bunger.
- If you forget to fill out a day on your Mood Graph, skip it and move on to the next day. Blank spots are better than remembering incorrectly.

