Daily Mood Swing Graph for Bipolar Disorder

BLACK DOG INSTITUTE

MONTH:

Please use this Daily Mood Graph to chart mood swings and the effects of any triggers and medications prescribed for you.

INSTRUCTIONS

1. Please rate your mood at the end of each day by placing an '**X**' in the appropriate box. If you have experienced both a '**high**' and a '**low**' mood on any given day, please rate both by putting an '**X**' at each level
2. Please write the name of the medications and doses you are taking
3. Next to each medication, please indicate the period of time you took the medication at the same dose by drawing an arrow through the relevant dates. If your dose changes during the course of the charting period, please write the new dose in the relevant box and continue the line.
4. Please also include notes on sleep patterns, any triggers or external events that may impact you and cause a mood change.

Highs																															
Normal																															
Depressed																															
Day	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**
Medication A																															
B																															
C																															
Example Prozac	**20 mg**	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	**40 mg**	→	→	→	→	→	→	→	→	→	→	→	→	→
Notes on sleep patterns, triggers, events, etc																															