

Month of

MANIC	+5																															
	+4																															
	+3																															
	+2																															
	+1																															
NORMAL	0																															
DEPRESSED	-1																															
	-2																															
	-3																															
	-4																															
	-5																															
DATE		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
DAY																																
TIME NAPPED																																
TIME NIGHT SLEEP																																
ANXIETY	MILD																															
	MODERATE																															
	SEVERE																															
IRRITABLE	MILD																															
	MODERATE																															
	SEVERE																															
MEDS TAKEN	AM																															
	PM																															
	PRN																															
ALCOHOL/DRUGS																																
EXERCISE																																
APPETITE Low, Med, High																																
STRESSFUL EVENT																																
WEIGHT DAY 14 & 28																																