

Mood and Anxiety Disorders Clinic, Burlington

3 Months Mood Chart for Bipolar and Recurrent Mood Disorders																																
	Day of the Month																															
Mood State Rating	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	
elated +3																																
very good +2																																
good +1																																
middle +0																																
a bit down -1																																
mostly down -2																																
constant down -3																																
<b>Anxiety 0-5</b>																																
<b>Medication 01</b>																																
<b>Medication 02</b>																																
	Day of the Month																															
Mood State Rating	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	
elated +3																																
very good +2																																
good +1																																
middle +0																																
a bit down -1																																
mostly down -2																																
constant down -3																																
<b>Anxiety 0-5</b>																																
<b>Medication 01</b>																																
<b>Medication 02</b>																																
	Day of the Month																															
Mood State Rating	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	
elated +3																																
very good +2																																
good +1																																
middle +0																																
a bit down -1																																
mostly down -2																																
constant down -3																																
<b>Anxiety 0-5</b>																																
<b>Medication 01</b>																																
<b>Medication 02</b>																																