Check the appropriate box to indicate your average daily mood. Shades of **PINK-RED** indicate an ELEVATED mood, typically seen in mania. Shades of **GREEN** indicate NORMAL mood. Shades of **BLUE** indicate DEPRESSED mood. You should only check one box/day.
*If you are experiencing daily erratic, up and down moods, call us ASAP.

Anxiety, irritability and fear are rated daily on a scale of 0-3 (0=none, 1=mild, 2=moderate, 3=severe).

Check daily if you spent any time feeding your spirit (Bible study, church, Scripture meditation, prayer, daily devotion, etc.)

Check daily if you've taken any medication (prescribed and/or over-the-counter) prescribed by someone other than Dr. Fortuchang

Indicate the number of hours of sleep/night

Initials **Month:** **Year:**

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
SEVERE																															
moderate																															
mild																															
high normal																															
NORMAL																															
low normal																															
mild																															
moderate																															
SEVERE																															
anxiety																															
irritability																															
fear																															
Fed my spirit †																															
Any New Medication?																															
Hours of Sleep																															

Comments:

THE FORT CHRISTIAN PSYCHIATRIC CENTER. DAILY MOOD TRACKER. ALL RIGHTS RESERVED.