

Check the appropriate box to indicate your average daily mood. Shades of **PINK-RED** indicate an **ELEVATED** mood, typically seen in mania (Bipolar Disorder). 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.

1. Anxiety, irritability, fear, anger & impulsivity are rated daily on a scale of 0-3 (0=**none**, 1=**mild**, 2=**moderate**, 3=**severe**).
2. Check daily if you spent any time feeding your spirit (Bible study, church, Scripture meditation, prayer, daily devotion, etc.)
3. Check daily if you've taken any medication (prescribed and/or over-the-counter) prescribed by someone other than Dr. Fortuchang
4. Indicate the number of hours of sleep/night
5. Indicate if any suicidal thoughts and/or any self-harmful behavior (cutting, burning, etc.) occurs

Day	Initials																Month:						Year:								
	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 elevation																															
Moderate elevation																															
Mild elevation																															
high normal																															
NORMAL																															
low normal																															
Mild depression																															
Moderate depression																															
SEVERE depression																															
anxiety / fear																															
Irritability / anger																															
impulsivity																															
Physical Exercise																															
Fed my spirit †																															
Any New Medication?																															
Hours of Sleep																															
SUICIDAL THOUGHTS?																															
SELF HARM (cutting, etc)																															

Comments: