

# Is there a pattern to my moods?

Use this calendar to record your moods each day. At one extreme, +10 is that giddy, ecstatic super-happy state sometimes called “manic” or “hyper.” At the other extreme, -10 is that dark black, hopeless or angry state that is sometimes called depression. The zero in between is neutral.

Month/year: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Notes about today: <input type="checkbox"/> sick? <input type="checkbox"/> tired? <input type="checkbox"/> med change? <input type="checkbox"/> life stress? <input type="checkbox"/> other event:	Notes about today: <input type="checkbox"/> sick? <input type="checkbox"/> tired? <input type="checkbox"/> med change? <input type="checkbox"/> life stress? <input type="checkbox"/> other event:	Notes about today: <input type="checkbox"/> sick? <input type="checkbox"/> tired? <input type="checkbox"/> med change? <input type="checkbox"/> life stress? <input type="checkbox"/> other event:	Notes about today: <input type="checkbox"/> sick? <input type="checkbox"/> tired? <input type="checkbox"/> med change? <input type="checkbox"/> life stress? <input type="checkbox"/> other event:	Notes about today: <input type="checkbox"/> sick? <input type="checkbox"/> tired? <input type="checkbox"/> med change? <input type="checkbox"/> life stress? <input type="checkbox"/> other event:	Notes about today: <input type="checkbox"/> sick? <input type="checkbox"/> tired? <input type="checkbox"/> med change? <input type="checkbox"/> life stress? <input type="checkbox"/> other event:	Notes about today: <input type="checkbox"/> sick? <input type="checkbox"/> tired? <input type="checkbox"/> med change? <input type="checkbox"/> life stress? <input type="checkbox"/> other event:

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-10...-9...-8...-7...-6...-5...-4...-3...-2...-1... 0 ...+1...+2...+3...+4...+5...+6...+7...+8...+9...+10