<table>
<thead>
<tr>
<th>MONTH</th>
<th>YEAR</th>
</tr>
</thead>
</table>

### Hours of Nighttime Sleep
- **Severe**: Essentially incapacitated or hospitalized
- **High Moderate**: Great difficulty with goal-oriented activities
- **Low Moderate**: Some difficulty with goal-oriented activities
- **Mild**: Usual routine not affected much
- **Stable**: More energized & productive; usual routine not affected much

### Mood (0 – 10)
- **Most depressed ever**
- **Balanced**
- **Most manic ever**

### Anxiety Symptoms (✔) If Yes
- **Low Moderate**: Usual activities not significantly affected
- **High Moderate**: Usual activities somewhat affected
- **Severe**: Usual activities significantly affected

### Used Alcohol/Drugs (✔) If Yes

### Medication/Supplement Name
<table>
<thead>
<tr>
<th>Dose</th>
<th># of Pills Per Day</th>
</tr>
</thead>
</table>

### Total Number of Pills Taken Per Day

### Life Events

### Other Symptoms

### Interference With Life (0 = Least; 10 = Most)

### Impact (-10 = Most Negative; 10 = Most Positive)
Using this calendar to track your mood

This calendar helps you monitor your mood on a daily basis. It can help you and your health care professional review your symptoms and treatment.

At the end of each day, take a few moments to think about your day, what you experienced, how you felt, how you acted, etc. Then simply follow these steps for recording the information.

1. Medications/Herbal supplements

List all the medications and supplements you take in the spaces provided, including the daily dosages and number of pills that should be taken each day. At the end of each day, write the exact number of tablets or capsules of each medication that you actually took in the appropriate day's space.

2. Alcohol or drug use

Put a check mark in the appropriate space if you drank or used drugs.

3. Hours of sleep

Estimate the number of hours of sleep you had the previous night.

4. Rate the severity of your mood episodes

Indicate how your mood has affected your ability to function at home, work, or school by putting an X in the appropriate space.

5. Record mixed states

If you have symptoms of mania and depression at the same time (a mixed state) put a check mark (✔) in the appropriate day's space.

6. Rate your overall mood

Rate your mood for the day and write a number based on the mood scale below.

-10 . . . . . . . . . . . . . . . . . . . . . . .0  . . . . . . . . . . . . . . . . . . . . . . .+10

Most depressed ever  Balanced  Most manic (activated) ever

7. Record the number of mood changes

Enter the approximate number of times your mood changed during the day.

8. Record anxiety symptoms

Place a check mark (✔) by the days you have symptoms of anxiety, panic, or excessive worry.

9. Record other symptoms, both physical and mental

List any physical or mental symptoms you have that interfere with your life, such as loss of appetite, pain, nausea, paranoia or thoughts of suicide. Rate the effect of each symptom on the day(s) you have it.

10. Record significant life events, both positive and negative

Record significant positive and negative events each day, such as an argument with a loved one, illness in the family, a promotion at work or anything else that affects you. Rate the impact of each event on the day(s) the event affects you.

We've been there.
We can help.

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of support and education while advocating for the needs of people living with mood disorders.

DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

Assisted by a Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Over four million people receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.

Personal Calendar
A monthly diary