



Name	weight	month
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severe depression (unable to work)
 mod. depression (impaired function)
 mild depression (limited impact)
 stable (normal mood)
 mild mania (increased energy)
 mod. mania (impaired function)
 severe mania (unable to work)
anxiety
 irritability
 sleep

Mood Monitor

Date	General Mood							Difficulties			Rx	Events and Notes
	if mixed mood, indicate the worst and best mood of the day							1 none 2 mild 3 moderate 4 severe	hours slept	taken?		
1												
2												
3												
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