

Monthly Mood Calendar

One number a day is enough to see a pattern. A month of daily mood ratings helps you and your clinician see trends, triggers, and whether a treatment is working. Fill in the month, then rate each day from 0 (worst day) to 10 (best day) and jot one word about why.

Month: _____ 0-2 very low 3-4 low 5-6 okay 7-8 good 9-10 great

1 Mood ____ Note ____	2 Mood ____ Note ____	3 Mood ____ Note ____	4 Mood ____ Note ____	5 Mood ____ Note ____	6 Mood ____ Note ____	7 Mood ____ Note ____
8 Mood ____ Note ____	9 Mood ____ Note ____	10 Mood ____ Note ____	11 Mood ____ Note ____	12 Mood ____ Note ____	13 Mood ____ Note ____	14 Mood ____ Note ____
15 Mood ____ Note ____	16 Mood ____ Note ____	17 Mood ____ Note ____	18 Mood ____ Note ____	19 Mood ____ Note ____	20 Mood ____ Note ____	21 Mood ____ Note ____
22 Mood ____ Note ____	23 Mood ____ Note ____	24 Mood ____ Note ____	25 Mood ____ Note ____	26 Mood ____ Note ____	27 Mood ____ Note ____	28 Mood ____ Note ____
29 Mood ____ Note ____	30 Mood ____ Note ____	31 Mood ____ Note ____				

At the end of the month, circle your three lowest days and three highest days. What was different about them? Bring this sheet to your next appointment.

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