



MOOD CHART

Name: _____

Date: _____

Directions: Use the 0-100 scale below to rate your mood on a daily or weekly basis. Note the date when you start your ratings. Put a dot in the box that describes your mood for that day. Eventually connect the dots to make a graph.

	Start Date: _____							Start Date: _____							Start Date: _____							Start Date: _____						
	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
100																												
90																												
80																												
70																												
60																												
50																												
40																												
30																												
20																												
10																												
0																												

Depression >>>>>>>>>>>>>>>>>>>>>>>>				"Normal" <<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<					Elation			
0 – 15 EXTREME	15 – 25 SEVERE	25 – 35 MODERATE	35 – 45 MILD	45 – 55 NORMAL	55 – 65 MILD	65 – 75 MODERATE	75 – 85 SEVERE	85 – 100 EXTREME				
<ul style="list-style-type: none"> Totally Withdrawn, Doesn't Talk Unable to Eat, Respond Suicidal or Too Depressed to Harm Self Hears Voices of Guilt, Doom Hospitalization Needed 	<ul style="list-style-type: none"> Needs Prodding to Function Serious Sleep Disorder Weight Loss or Gain Suicidal Ideas Very Withdrawn Feels Guilt, Self-hate, Paranoia May Need Hospitalization 	<ul style="list-style-type: none"> Loss of Energy, Interest, Movement, Desire to Work Disturbed Sleep, Appetite, Ability to Function Withdrawn Desire to Stay in Bed Life Not Worthwhile 	<ul style="list-style-type: none"> Feels Unsure, Unfocused, Slowed Down Lack of Energy, Optimism, Pleasure, Desire, Sexual Interest Crying Spells 	<ul style="list-style-type: none"> Normal 	<ul style="list-style-type: none"> Feels Wonderful, Confident, Perceptive, Creative Increased Interest in Travel, Business, Projects, Sex, Religion, Spending Money, 	<ul style="list-style-type: none"> Excessive, Confidence, Activity, Talking, Thinking, Travel, Sex. Irritability, Controlling, Spending Money Decreased Eating, Caution, Sleep (4-6 hours/night) 	<ul style="list-style-type: none"> Very Rapid Talking, Thinking Very Little Eating, Sleeping, Control Unusual Ideas, Behavior Religious Fervor Hostile May Need Hospitalization 	<ul style="list-style-type: none"> Restless/Hype Hostile/Violent Nonstop Talking Paranoid, Hears Voices Incoherent Can't Function Elated or Wild Little or No Eating, Sleeping, Control, Organization Hospitalization Needed 				

