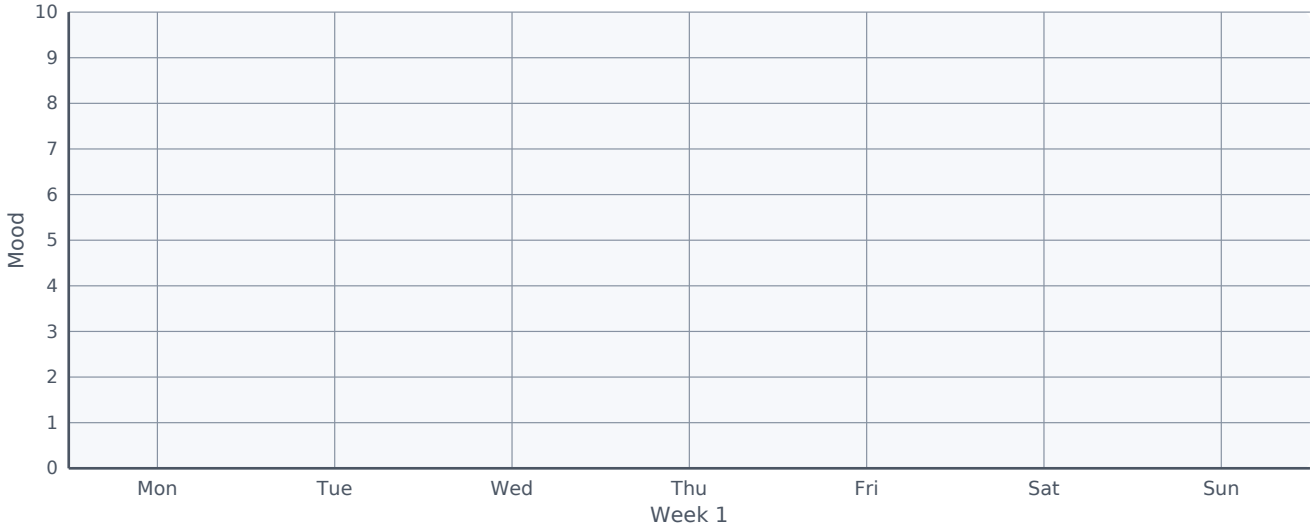
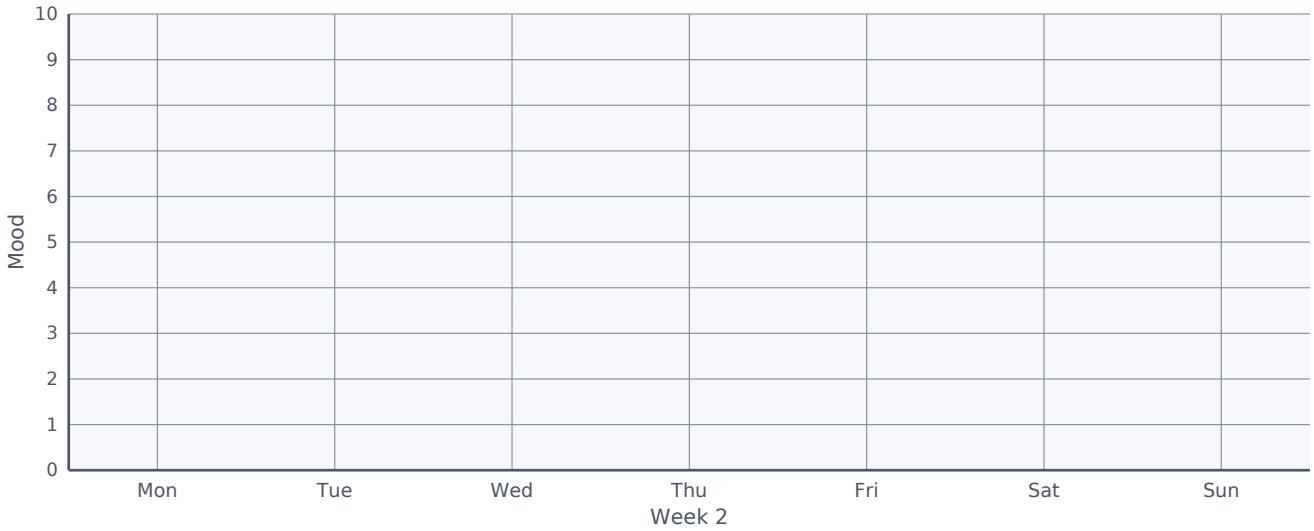
Mood chart

Rate your mood each day for two weeks.

Name _____ Date _____

Each evening, mark a dot for your average mood that day (0 is the lowest, 10 is the best) and join the dots. Add a word or two below about anything that affected it.





Notes: sleep, activity, events, medication changes

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This handout supports your therapy. It does not replace professional advice.