Mood Journals – February 2006

Medication / Dosage	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mood Level
				1	2	3	4	Too High Normal Very Depressed
	5	6	7	8	9	10	11	Too High Normal Very Depressed
	12	13	14	15	16	17	18	Too High Normal Very Depressed
	19	20	21	22	23	24	25	Too High Normal Very Depressed
	26	27	28					Too High Normal Very Depressed