

Mood Journals – July 2006

Medication / Dosage	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1						
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29

Too High
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Normal
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Very Depressed
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Too High
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Normal
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Very Depressed
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Too High
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Normal
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Very Depressed
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Too High
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Normal
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Very Depressed
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