Mood Journals – August 2006

Medication / Dosage	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mood Level
			1	2	3	4	5	Too High Normal Very Depressed
	6	7	8	9	10	11	12	Too High Normal Very Depressed
	13	14	15	16	17	18	19	Too High Normal Very Depressed
	20	21	22	23	24	25	26	Too High Normal Very Depressed
	27	28	29	30	31			Too High Normal Very Depressed