

Mood Journals – September 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	30

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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