

Mood Journals – October 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	31				

Mood Level

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed