Mood Journals – December 2006

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

Medication / Dosage	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mood Level
	31							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