

Daily Mood Chart

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		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			
Daily Symptom Scale: e.g. Mood, Energy, Anxiety	BEST	10																																	
		9																																	
		8																																	
		7																																	
		6																																	
		5																																	
		4																																	
		3																																	
		2																																	
		WORST	1																																
	Sleep																																		
Comments																																			

Choose one or two of your main symptoms e.g. mood, energy, anxiety, and rate at the end of each day (either after dinner or bedtime). Your sleep is entered in total hours for the day. In comments, note medications and behaviours such as activities, eating, feelings or anything else which is appropriate. If your symptoms (especially energy and mood) are significantly different in mornings and evenings, record the morning and evening scores in a different colour each day.

For many people energy is the most reliable indication of symptom severity or degree of improvement.

