http://www.blackdoginstitute.org.au/clinicians/clinicianaids/index.cfm

Daily Mood Graph (for bipolar disorder)

Please use this Daily Mood Graph to chart mood swings and the effects of any medication prescribed for you.
The Graph is divided into 2 sections: Section 1 rates your mood on a daily basis
Section 2 requires you to identify the medications and doses you were taking during the charting period.

INSTRUCTIONS – Section 1

1. Please rate your mood at the end of each day by placing an '**X**' in the appropriate box, using the following scale:
   - **+3, +2, +1 = 'Highs', ie. +3 = Severe, +2 = Moderate, +1 = Slight**
   - **0 = Normal Mood State**
   - **-3, -2, -1 = 'Lows', ie. -3 = Severe, -2 = Moderate, -1 = Slight**
2. If you have experienced both a '**high**' and a '**low**' mood on any given day, please place an '**X**' above and below the middle line, with the '**X**'s in the most severe box for 'highs' and for 'lows'.

INSTRUCTIONS – Section 2

1. Please write the name of the medications on the dotted line and doses you are taking in the immediate box to the right.
2. Next to each medication, please indicate the period of time you took the medication at the same dose by drawing an arrow through the relevant dates.
3. If your dose changes during the course of the charting period, please write the new dose in the relevant box and continue the line.

Section 1

		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
'High' Mood	+3																															
	+2																															
	+1																															
Normal	0																															
'Low' Mood	- 1																															
	- 2																															
	- 3																															
Day		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
(*Month*)																																
Section 2 *Example* *Prozac*		20 mg	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	40 mg	→	→	→	→	→	→	→	→	→	→	→	→	
A																																
B																																
C																																