

	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	TOTALS
↑	Severe																																
	Moderate																																
MOOD	Mild																																
	Stable																																
	Mild																																
↓	Moderate																																
	Severe																																
ANXIETY or STRESS	High																																
	Medium																																
	Low																																
	None																																
IRRITABILITY or ANGER	High																																
	Medium																																
	Low																																
	None																																
MOTIVATION or ENERGY	High																																
	Medium																																
	Low																																
	None																																
FOCUS or CONCENTRATION	High																																
	Medium																																
	Low																																
	None																																
SOCIABILITY or FRIENDLINESS	High																																
	Medium																																
	Low																																
	None																																
HOURS IN BED	Last Night																																
	Today																																
EXERCISE	Minutes																																
WEIGHT	Trimonthly																																
NOTES																																	