



Name	weight	month
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severe depression (unable to work)
 mod. depression (impaired function)
 mild depression (limited impact)
 stable (normal mood)
 mild mania (increased energy)
 mod. mania (impaired function)
 severe mania (unable to work)
anxiety *irritability* *sleep*

Mood Monitor

Date	General Mood							Difficulties			Rx	Events and Notes
	if mixed mood, indicate the worst and best mood of the day							1 none 2 mild 3 moderate 4 severe	hours slept	taken?		
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