

Mood Chart

Directions: Use the 0–100 scale below to rate your mood on a daily or weekly basis. Note the date when you start your ratings. Put a dot in the box that describes your mood for that day. Eventually connect the dots to make a graph.

	Date: _____							Date: _____							Date: _____							Date: _____						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
90																												
80																												
70																												
60																												
50																												
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Depression > > > > > > > > > > > > > > >				"Normal"	< < < < < < < < < < < < < < < Elation			
0–15 Extreme	15–25 Severe	25–35 Moderate	35–45 Mild	45–55	55–65 Mild	65–75 Moderate	75–85 Severe	85–100 Extreme
Totally withdrawn, doesn't talk; unable to eat, respond; suicidal or too depressed to harm self; hears voices of guilt, doom; hospitalization needed	Needs prodding to function; serious sleep disorder; weight loss or gain; suicidal ideas; very withdrawn; feels guilt, self-hate, paranoia; may need hospitalization	Loss of energy, interest, movement, desire to work; disturbed sleep, appetite, ability to function; withdrawn; desire to stay in bed; life not worthwhile	Feels unsure, unfocused, slowed down; lack of energy, optimism, pleasure, desire, sexual interest; crying spells	Normal	Feels wonderful, confident, perceptive, creative; Increased interest in travel, business, projects, sex, religion, spending money	Excessive confidence, activity, talking, thinking, travel, sex, irritability, controlling, spending money; decreased eating, caution, sleep (4–6 hours/night)	Very rapid talking, thinking; Very little eating, sleeping, control; Unusual ideas, behavior; Religious fervor; Hostile; May need to be hospitalized	Restless/hyper; Hostile/violent; Nonstop talking; Paranoid Hears voices Incoherent Can't function Elated or wild Little or no: eating, sleeping, control, organization; Hospitalize