



Bipolar Disorder: Mood Log Worksheet

NAME.....

WEEK.....

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Mood Tracking

Date	Mood (Morning)	Mood (Afternoon)	Mood (Evening)	Energy Level (1-10)	Sleep Quality	Triggers

Mood: Indicate your mood using a scale (e.g., 1-10, where 1 = very low/depressed, 10 = very high/elevated/manic).

Energy Level: Record your energy level on a scale from 1-10 (1 = very low, 10 = very high).

Sleep Quality: Note the number of hours and the quality of sleep (e.g., restful, disturbed).

Notes/Triggers: Include any events, thoughts, or activities that might have affected your mood.



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Medication/Supplements:

Date	Medication/Supplement	Dosage	Time Taken	Side Effects

Medication/Supplements:

Date	Type of Session (e.g., Therapy, Support Group)	Key Takeaways



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Write down any reflections on how the week went, what helped, what didn't, and any changes in your mood or routine.

Set specific goals to help manage your mood and overall well-being.
