



Bipolar UK Mood Diary

Month / Year: ____ / ____

Mood scale

	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
10																															
9																															
8																															
7																															
6																															
5																															
4																															
3																															
2																															
1																															
0																															

Medication

Hours of sleep																																
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Use the calendar below to record your daily notes. This could include information or reminders about your mood, behaviour, sleep, nutrition, exercise, etc.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday