

# Mood and goal tracking diary for the month of \_\_\_\_\_

Enter your information every day and bring the completed diary with you to your next health care provider (HCP) appointment.

**STEP 1:** Record the medications you take every day. List the primary medications you're currently taking for your moods and the dosage for each. If you take more than five medications, ask your HCP which ones are most appropriate to include.

Medication 1 : \_\_\_\_\_ Dosage : \_\_\_\_\_ Times per day : \_\_\_\_\_

Medication 2 : \_\_\_\_\_ Dosage : \_\_\_\_\_ Times per day : \_\_\_\_\_

Medication 3 : \_\_\_\_\_ Dosage : \_\_\_\_\_ Times per day : \_\_\_\_\_

Medication 4 : \_\_\_\_\_ Dosage : \_\_\_\_\_ Times per day : \_\_\_\_\_

Medication 5 : \_\_\_\_\_ Dosage : \_\_\_\_\_ Times per day : \_\_\_\_\_

Check the boxes for each medication you took today.

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	
Medication 1																																
Medication 2																																
Medication 3																																
Medication 4																																
Medication 5																																

**STEP 2:** Rate your daily mood. Check the box that best describes your mood today.

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	
ELEVATED																																
Severe																																
Moderate																																
Mild																																
STABLE																																
Mild																																
Moderate																																
Severe																																
DEPRESSED																																

**STEP 3:** List the daily and long-term goals you have set for yourself. A “daily goal” is something that can be accomplished each day, for example, getting to work on time or completing an exercise routine.

Daily Goal 1: \_\_\_\_\_

Daily Goal 2: \_\_\_\_\_

Daily Goal 3: \_\_\_\_\_

A “long-term goal” is something you can work toward on a daily basis but takes more than one day to accomplish; for example, completing a class or finishing a project.

Long-term Goal: \_\_\_\_\_

Track progress toward your daily and long-term goals. Did you accomplish your daily goals or make progress toward your long-term goal this day? Mark “G” for good progress, “S” for some progress, and “N” for little or none.

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
Daily Goal 1																															
Daily Goal 2																															
Daily Goal 3																															
Long-term Goal																															

**STEP 4:** Match your goal diary with your mood and medication diary above. Do you see a relationship? Write your comments and thoughts here.

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Remember that it’s important for you and your HCP to discuss your diary as well as any questions or concerns you have about your medications or treatment plan. So be sure yours is up-to-date and bring it with you to your next appointment with your HCP.

Key dates to remember: Next appointment with your HCP \_\_\_\_\_ Time to refill your medications \_\_\_\_\_