Chapter 16: Monitoring your bipolar disorder

Mood and activity schedule: downloadable chart

Purpose of this chart: To see how daily activities, habits and stressors influence your mood and symptoms.

Tips for using this chart
- Recording your mood and activities over time will make it easier to detect links between your activities, sleep, triggers and your mood and symptoms
- You can rate your mood and symptoms as you did on the mood chart pp. 208
- Even if you don't think something is significant at the time – it is worth recording as much detail about what occurred during the day as you can to detect stressors and triggers
- This chart can also be helpful when you want to include new activities and goals and need to see how these changes may affect your mood (chapter 18) or if you are using activity strategies to try and stabilise your mood (chapter 11 and 14).

For more detailed instructions, explanations and an example of using this chart see pp. 204-206 and table 16.2 (page 207) in *Living with Bipolar.*

NB: THIS CHART SHOULD BE PRINTED IN LANDSCAPE FORMAT

Mood and Activity Schedule

	Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*
Mood : –3 to +3							
Irritability : 0–3							
Anxiety : 0–3							
Morning Afternoon Evening							
Stresses/triggers							
Hours slept							
Comments							