

# Bipolar Disorder Symptom Monitoring

## **Objective**

To monitor your depressive and manic symptoms on a weekly basis.

## **What to Know**

To stay well, it is important to closely monitor how you feel daily. Keep a close watch for subtle changes in your mood, sleeping patterns, energy level, and thoughts. If you catch a mood swing early and act swiftly to manage it, you may be able to prevent a minor mood change from turning into a full-blown episode of mania or depression.

## **What to Do**

Use the following chart for one week. Each day, use the record sheet to indicate if you have experienced any of the symptoms listed. Rate the intensity of your symptoms from 1 to 10, where 1 = very minimal, to 10 = very severe. Record any observations you have about the circumstances in which you experience these symptoms and answer the following questions at the end of the week.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Depressed mood							
Loss of interest or pleasure							
Increase / decrease in appetite							
Sleeping too much							
Physically agitated							
Physically slowed down / loss of energy							
Fatigue							
Feeling worthless or guilty							
Unable to concentrate or make decisions							
Thoughts of death or suicide							
Elevated or irritable mood							
Increased self-esteem or self-confidence							
Decreased need for sleep							
More talkative than usual							
Racing thoughts							
Easily distracted							
Increase in goal-directed activity							
Increase in risky behaviors							
Overly eager to engage in pleasurable activities							

Describe the circumstances you experienced symptoms.

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Which symptoms interfered with your day-to-day activities? Explain.

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Current medication/dosages.

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Any significant life changes this week? If yes, describe.

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Is there any other information about your symptoms which would be important to know?

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