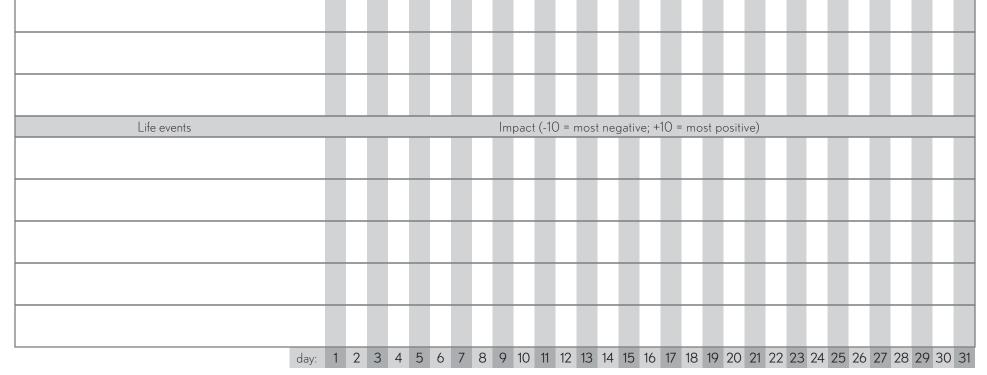


| | | | day: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 1 | 29 3 | 30 31 |
|------------|--|---|------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|------|------|-------|
| | Severe | Essentially incapacitated or hospitalize | d | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| \leq | High moderate | Great difficulty with goal-oriented activ | vity | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MANIA | Low moderate | Some difficulty with goal-oriented activ | /ity | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Mild | Usual routine not affected much | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stable | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Z | Mild | Usual routine not affected much | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SSIC | Low moderate | Functioning with some effort | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DEPRESSION | High moderate | Functioning with great effort | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DEI | Severe | Essentially incapacitated or hospitalize | d | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Mixed state (√ if yes) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | M_{OOd} (-10 = most depressed ever; +10 = most manic ever) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Number of mood changes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Anxiety symptoms (0 = least; 5 = most) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Self-harm urges (0 = least; 5 = most) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Suicidal urges (0 = least; 5 = most) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Other behaviors: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Other behaviors: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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/supplement name | Dose | # of pills per day | Number of pills taken |
|----------------------------|-------------|--------------------|---|
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| | | | |
| | | | |
| | | | |
| Used alcohol/dru | gs (√ if ye | es) | |
| Hours of nightti | ime sleep | | |
| Other symp | otoms | | Interference with life (0 = least; 10 = most) |
| | | | |
| | | | |
| | | | |



Version 2.5, put together by Jonathan Brandt for DBSA Kalamazoo. Based on the Depression and Bipolar Support Alliance Personal Calendar.