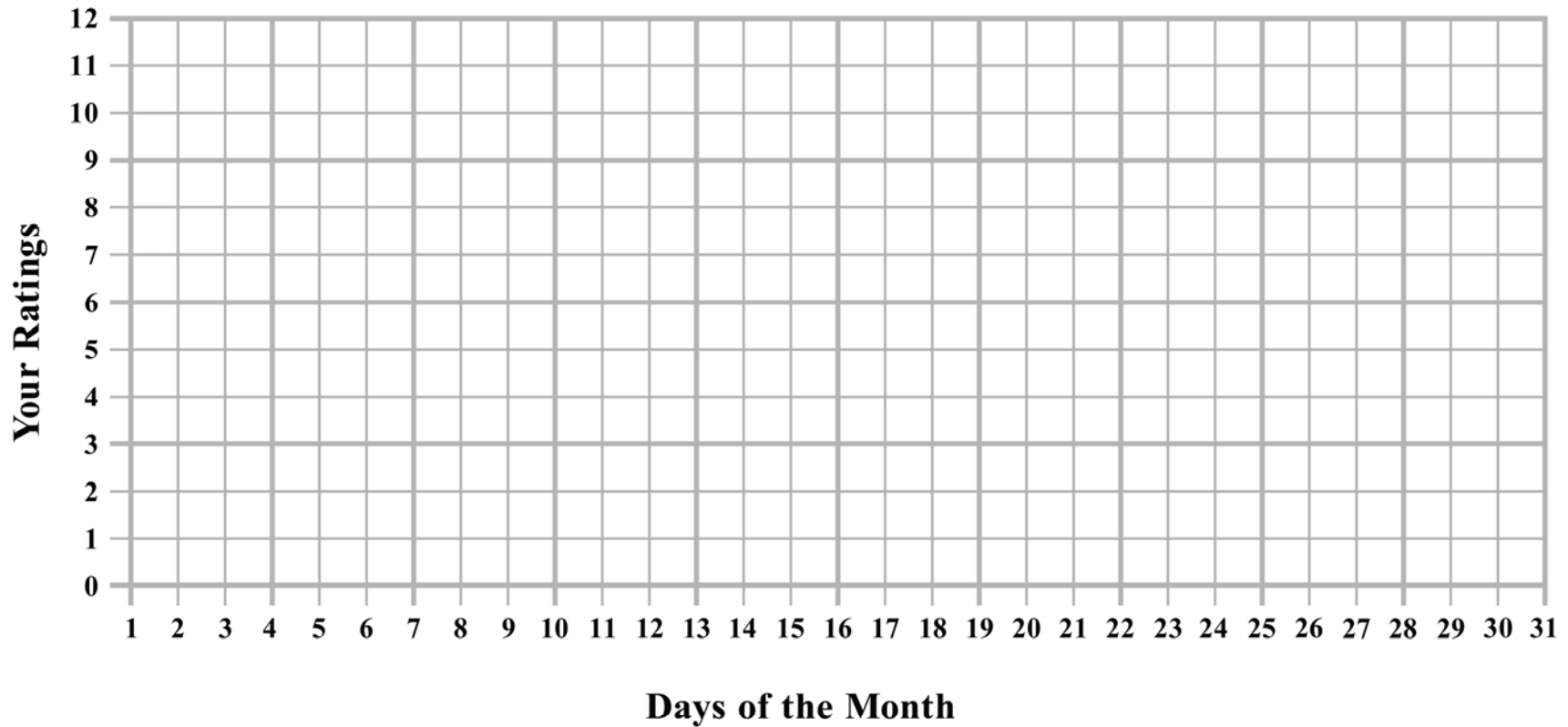


EXERCISE 6.4 MONTHLY MOOD AND RHYTHM CHART

Name: _____ Month: _____ Week: _____

Each week, plot your ratings for each day below. From your Mood Chart record your mood and stress ratings, and your number of hours of sleep. From your Rhythm Chart, record your Daily Rhythm Score. A helpful way to do this so that you can easily see patterns is to use different colored markers for each topic. If you are a woman, also circle the days of your menses.



Key: Depression Stress Daily Rhythm Score
 Hypomania Sleep Circle days of menses