TRACKING How I Feel

Descriptions: Dates:

_____	+5	x	x	x	x	x	x	x	x	x	x	x	x
_____	+4	x	x	x	x	x	x	x	x	x	x	x	x
_____	+3	x	x	x	x	x	x	x	x	x	x	x	x
_____	+2	x	x	x	x	x	x	x	x	x	x	x	x
_____	+1	x	x	x	x	x	x	x	x	x	x	x	x
_____	0	x	x	x	x	x	x	x	x	x	x	x	x
_____	-1	x	x	x	x	x	x	x	x	x	x	x	x
_____	-2	x	x	x	x	x	x	x	x	x	x	x	x
_____	-3	x	x	x	x	x	x	x	x	x	x	x	x
_____	-4	x	x	x	x	x	x	x	x	x	x	x	x
_____	-5	x	x	x	x	x	x	x	x	x	x	x	x

Descriptions: Dates:

_____	+5	x	x	x	x	x	x	x	x	x	x	x	x
_____	+4	x	x	x	x	x	x	x	x	x	x	x	x
_____	+3	x	x	x	x	x	x	x	x	x	x	x	x
_____	+2	x	x	x	x	x	x	x	x	x	x	x	x
_____	+1	x	x	x	x	x	x	x	x	x	x	x	x
_____	0	x	x	x	x	x	x	x	x	x	x	x	x
_____	-1	x	x	x	x	x	x	x	x	x	x	x	x
_____	-2	x	x	x	x	x	x	x	x	x	x	x	x
_____	-3	x	x	x	x	x	x	x	x	x	x	x	x
_____	-4	x	x	x	x	x	x	x	x	x	x	x	x
_____	-5	x	x	x	x	x	x	x	x	x	x	x	x

Feeling Low: sad, anxious, empty, hopeless, pessimistic, guilty, worthless, uninterested, isolated, irregular sleep, irregular eating, fatigue, slow, tired all the time, restless, irritable, difficulty concentrating, difficulty remembering, difficulty making decisions, aches, pains, constipation, thoughts of death or suicide, or attempted suicide.

Feeling High: euphoric, expansive, irritable, invincible, unwarranted optimism, grandiose delusions, hyperactive, excessive plans, participation in numerous activities, flight of ideas, little or no sleep needed, distractible, sudden rage or sudden paranoia.

Balancing: sleep routinely, to bed at the same time, up at the same time, eat well at the same times, drink water, exercise, go outside daily, bathe, be financially responsible, restrict TV watching, meditate, relax, interact socially, have a sense of goal or purpose, simplify lifestyle or goals, get counseling or take medication appropriately.

BALANCING How I Feel

Circle 3-5 priority activities: *routine sleep, eat well, drink water, exercise, go outside, bathe, be financially responsible, restrict TV, meditate, relax, interact socially, have a sense of goal or purpose, simplify lifestyle or goals, get counseling or take medication appropriately.*

Dates:

6am	x	x	x	x	x	x	x	x	x	x	x	x	x
7am	x	x	x	x	x	x	x	x	x	x	x	x	x
8am	x	x	x	x	x	x	x	x	x	x	x	x	x
9am	x	x	x	x	x	x	x	x	x	x	x	x	x
10am	x	x	x	x	x	x	x	x	x	x	x	x	x
11am	x	x	x	x	x	x	x	x	x	x	x	x	x
Noon	x	x	x	x	x	x	x	x	x	x	x	x	x
1pm	x	x	x	x	x	x	x	x	x	x	x	x	x
2pm	x	x	x	x	x	x	x	x	x	x	x	x	x
3pm	x	x	x	x	x	x	x	x	x	x	x	x	x
4pm	x	x	x	x	x	x	x	x	x	x	x	x	x
5pm	x	x	x	x	x	x	x	x	x	x	x	x	x
6pm	x	x	x	x	x	x	x	x	x	x	x	x	x
7pm	x	x	x	x	x	x	x	x	x	x	x	x	x
8pm	x	x	x	x	x	x	x	x	x	x	x	x	x
9pm	x	x	x	x	x	x	x	x	x	x	x	x	x
10pm	x	x	x	x	x	x	x	x	x	x	x	x	x
11pm	x	x	x	x	x	x	x	x	x	x	x	x	x

Dates:

6am	x	x	x	x	x	x	x	x	x	x	x	x	x
7am	x	x	x	x	x	x	x	x	x	x	x	x	x
8am	x	x	x	x	x	x	x	x	x	x	x	x	x
9am	x	x	x	x	x	x	x	x	x	x	x	x	x
10am	x	x	x	x	x	x	x	x	x	x	x	x	x
11am	x	x	x	x	x	x	x	x	x	x	x	x	x
Noon	x	x	x	x	x	x	x	x	x	x	x	x	x
1pm	x	x	x	x	x	x	x	x	x	x	x	x	x
2pm	x	x	x	x	x	x	x	x	x	x	x	x	x
3pm	x	x	x	x	x	x	x	x	x	x	x	x	x
4pm	x	x	x	x	x	x	x	x	x	x	x	x	x
5pm	x	x	x	x	x	x	x	x	x	x	x	x	x
6pm	x	x	x	x	x	x	x	x	x	x	x	x	x
7pm	x	x	x	x	x	x	x	x	x	x	x	x	x
8pm	x	x	x	x	x	x	x	x	x	x	x	x	x
9pm	x	x	x	x	x	x	x	x	x	x	x	x	x
10pm	x	x	x	x	x	x	x	x	x	x	x	x	x
11pm	x	x	x	x	x	x	x	x	x	x	x	x	x