

Day of the month		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	
MOOD*	Great																																
	Good																																
	Neutral																																
	Bad																																
	Horrible																																

* Mood is the same as what you recorded on the first page. It's repeated here so you don't have to constantly flip front and back to see correlation between mood and physical symptoms and lifestyle.

PHYSICAL SYMPTOMS	Appetite changes																																
	Aches / pains																																
	Fatigue																																
	Loss of libido																																
	Headaches																																
	Hormonal/ Menstrual																																
	Ocular migraines																																
	Skin issues																																
	Sweating																																
	Sleep issues																																
	Vision Issues																																

LIFESTYLE (+)	Exercise																														
	Fish Oil																														
	Medication as prescribed																														
	Meditation																														
	SAD light box																														
	Vitamins																														
	Yoga																														

LIFESTYLE (-)	Alcohol																													
	Caffeine																													
	Poor Diet																													
	Sugar																													

Instructions:

- **Overall Mood:** Draw a dot in the zone that matches your mood that day. At the end of the month, connect the dots with lines to see your mood trend.
- **Mental and Physical Symptoms:** Draw an X next to symptom you experienced. If it was unusually bad, draw a circle around the X. (⊗)
- **Lifestyle:** Draw a ✓ next to each positive (+) habit you engaged in, and an X next to each negative (-) habit.