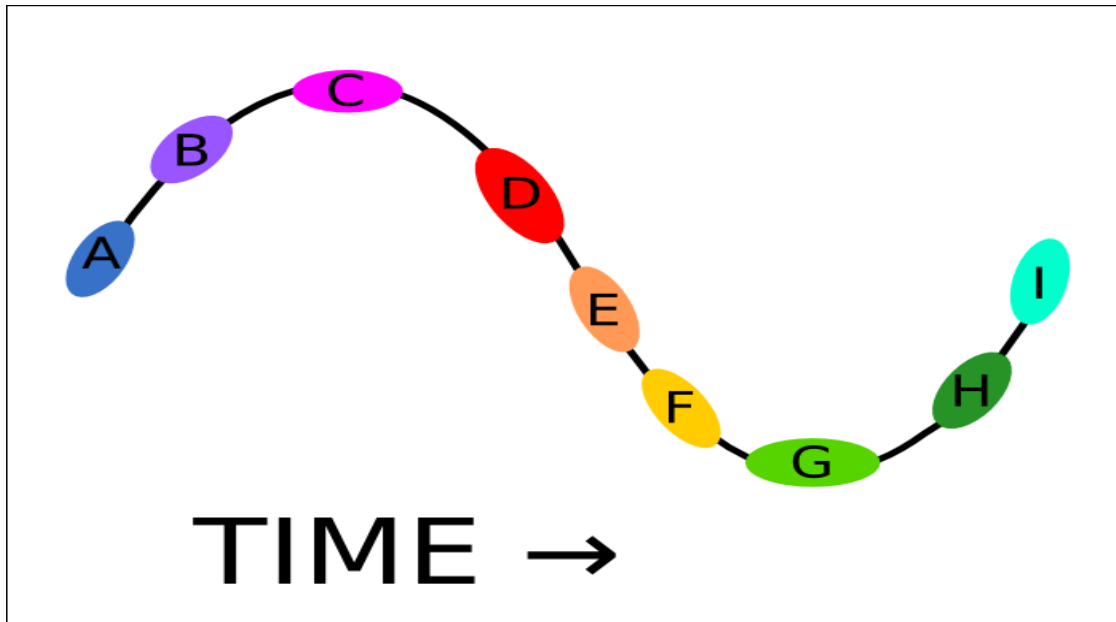


Bipolar self tracking sheet

Self tracking my mood cycle. I assume my mood goes up and down, so there's probably a pattern to it. It might not be exactly this sequence, I might skip a few points or go into rapid cycling but if I track at least a bit, I'll be good at starting to piece together the puzzle. (mark off today's bubble)



The main things I did during the last day were:.....

Saw these people/groups:.....

Got approximately Hours of sleep and felt About my sleep

Things that are causing stress in my life this week are:

-
-
-

Good parts of today:

.....

Bad parts of today:

.....

Stressful parts of today:.....

.....

Peaks of today:.....

.....

Dips of today:.....

.....