

Date	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							
Actions	Daily Chart																																					
Time Went to Bed Previous PM																																						
Time Out of Bed in AM																																						
Hours of Sleep (prev night to am)																																						
Energized / Intense / Impulsive																																						
Spinning & Can't Focus																																						
Spinning & Hard to Focus																																						
Energized & Productive																																						
Everyday Energy																																						
A Little Slow																																						
Can't Get Usual Amount Done																																						
CAN'T TAKE CARE OF SELF																																						
Slow/ Dull / Obsessing																																						
Calm [], Concerned [/], Worried [X], Fearful [*]																																						
Contented [], Sensitive [/], Crabby [X], Fiery [*]																																						
Outlook (-5 hopeless to 0 to +5 invincible)																																						
Outlook refers to optimism or pessimism. -5 is extreme pessimism, life is worthless now and forever. 0 is seeing the world completely as it is. +5 is a sense that one is a God or completely invincible. +1 is the American "normal".																																						
Events: Memory cue for the day																																						

Normal