High Mood	3																															
	2																															
	1																															
“Normal”	0																															
Low Mood	-1																															
	-2																															
	-3																															
	Day	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
Hours Slept																																
Weight on 14/28																																

Anxiety																														
Irritability																														
Stress																														

Medication #1																														
Medication #2																														
Medication #3																														
Medication #4																														
Medication #5																														

Workout																														
Meditation																														
Yoga																														
Reading																														
Sex																														
Alcohol																														
Weed																														
Cigarettes																														