

| | | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------------------------------|--------------------------|-----------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| MOOD | | [Green shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | [Light Green shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | [Grey shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | [Dark Grey shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| HOURS SLEEP | | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (0-3) | DRIVE | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ANXIETY | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SEXUALITY | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | IRRITABILITY | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SUICIDAL THOUGHTS | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEIGHT (DAYS 14/28) | | [Grey shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| LITHIUM 1200 MG | | [Yellow shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SEROQUEL 300 MG | | [Yellow shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ZOPICLON 7.5 MG | | [Yellow shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DIAZEPAM 10 MG PRN | | [Yellow shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| NOTES | | [Light Blue shading] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |