

CHILD'S NAME: _____

DATE: _____

Mood & Energy - Mark mood with a dot, then connect to graph cycling. If desired, mark energy with an "E".

Hour	6 am	7 am	8 am	9 am	10 am	11 am	12 n	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 m	
Very High																				
Medium High																				
A little High																				
Even																				
A little Low																				
Medium Low																				
Very Low																				

Rages - Mark an "R" for rages, write trigger beneath.

Hour	6 am	7 am	8 am	9 am	10 am	11 am	12 n	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 m	
Rage																				
Trigger																				

Medication - Mark abbreviation of medication(s) given with dose.

Hour	6 am	7 am	8 am	9 am	10 am	11 am	12 n	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 m	
Med _____																				
Med _____																				
Med _____																				
Med _____																				
Med _____																				

Sleep - Mark "B" for bedtime, mark "X" for hours slept (day or night), mark "W" for waking during the night.

Hour (pm to am)	7 pm	8 pm	9 pm	10 pm	11 pm	12 m	1 an	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 n	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	
Sleeping hours																									

Instructions for Hourly Mood & Medication Chart:

Charting mood:

High mood (mania) includes the following symptoms:

- Distractibility
- Insomnia (or reduced need for sleep)
- Grandiosity
- Flight of ideas, racing thoughts
- Activities become goal-oriented
- Speech becomes rapid or pressured
- Thoughtlessness, risk-taking or hypersexuality

Low mood (depression) includes the following symptoms:

- Sensitivity
- Anger
- Irritability
- Crying spells
- Loss of interest in things once enjoyed
- Hypersomnia (sleeping too much)
- Social avoidance

Mixed states:

Combinations of both moods can exist in mixed states. When charting mixed moods, I recommend charting mood in the range of the most dominant symptom (if raging and angry, rate the mood “Very Low”, if grandiose but irritable, rate the mood “Very High”). Then be sure to rate the “E” for energy appropriately. In most children’s mixed states, the mood will be low while the energy is high, such as during a rage that involves aggression or property destruction.

Charting energy:

Most of the time, energy directly corresponds to mood. I.e., manic moods are usually high in energy while depressed moods are usually low in energy. However, when they are opposite, such as in a mixed state, it is important to mark contrary energy levels during these times. (See “Mixed states” above.)

Charting rages:

During the hour(s) that the child is in a rage, mark “R” in the box. Then write what events preceded the rage. I.e. if you told the child to pick up his shoes from the stairs and he began to rage, write “told to pick up shoes” or something to that effect in the “trigger” box below the “R”. If the rage continues for more than 1 hour with no further triggers, use the “trigger” boxes to mark the severity of the rage or other factors that may be involved.

Charting medications:

Write the name of each medication in the far left hand boxes. Mark the dosage(s) given in the boxes under the corresponding times the medication is given.

Charting sleep:

Mark “B” under the corresponding hour that the child was put to bed (not necessarily the first hour of sleep). Mark an “X” under each of the hours the child was asleep, including the box marked “B” if the child fell asleep immediately upon getting into bed. Mark “W” for any waking during the night, even if only for a few moments to toilet or get a drink of water. If desired, place an asterisk (*) in the box as well, then explain the circumstances of the waking hours on the back of the sheet.

Additional suggestions:

- Use the back to detail any moods, rages, medication changes or sleep disturbances if desired.
- For pubescent girls, consider marking the date in red ink or placing a filled-in circle next to the date to denote menstrual cycles.
- Consider making extra blank sheets to be used at school. Sending the home chart to school is not recommended for privacy concerns.

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