

MONTHLY MINDFULNESS CHART

How is it working? (Response)

Symptoms	ELEVATED MOOD (positive, energetic, productive, creative)	SEVERE / PROBLEMATIC*																																		
		MODERATE / INTERFERING																																		
		MILD / NOTICED																																		
		REGULAR																																		
Symptoms	DEPRESSED MOOD (negative, down, sad, blue)	REGULAR																																		
		MILD / NOTICED																																		
		MODERATE / INTERFERING																																		
		SEVERE / PROBLEMATIC																																		
Symptoms	0 = regular 1 = noticed 2 = interfering 3 = problematic	Anxiety																																		
		Focus																																		
		Irritability																																		
	Unusual Ideas, Suicidality, Hallucinations, etc																																			
	Hours of sleep last night																																			
	DAY OF MONTH				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	

Begin new sheet

What are you doing?

INTERVENTIONS (Systematic Change for Better)	VERBAL THERAPY																																			
	MEDICATION	TOTAL DAILY DOSE																																		

Compliance:
 x=full dose /=partial dose
 0=missed dose

*Problematic = Dangerous, Destructive, Disruptive

Care is:
 Educationally Based
 Data Driven
 Action Oriented

DAILY INFLUENCES (POSITIVE/NEGATIVE)																																				

Name: _____
 Month/Year: _____
 Completed by: _____