

:: BIPOLAR STATUS REVIEW ::

A stable or neutral status can give us the confidence we need to step away from tracking our moods regularly, but it's wise to remain mindful of our patterns and experiences to some degree. Use this form to recap the last few weeks with your bipolar disorder, and stay in touch without adding to your daily regimen.

Tip: Look back at your calendar, emails, and messages to help jog your memory if necessary.

For month/dates: _____

Summarize this time period in one sentence:

WEEK 1: High mood Low mood Neutral Mixed Unsure

Notes:

WEEK 2: High mood Low mood Neutral Mixed Unsure

Notes:

WEEK 3: High mood Low mood Neutral Mixed Unsure

Notes:

WEEK 4: High mood Low mood Neutral Mixed Unsure

Notes:

Significant events this month, if any:

Rising areas of concern, if any: