

# Symptom tracker

28  
DAY  
TRACKER

It is important to keep track of your highs and lows and discuss them with your healthcare provider.

## You've got this

**Name:** .....

**Current Medications:** .....

**Tracker Start Date:** ..... **Tracker End Date:** .....

The goal of your bipolar I treatment plan is to help manage the extreme highs and lows that you may feel. On the following editable pages, mark the box that best represents the impact that depressive or manic feelings had on you each day. If you felt both depressed and manic, then indicate the impact of both. You may then save or print your symptom tracker.

**Bring this tracker with you to your next appointment with your healthcare provider.**

## Knowing the symptoms.

### Manic symptom examples:















- Having higher than usual energy levels
- Feeling jumpy or wired
- Not feeling tired or needing little sleep
- Becoming more active than usual
- Talking really fast about a lot of different things
- Becoming agitated, irritable, or touchy
- Feeling like your thoughts are coming very fast
- Thinking you can do a lot of things at once
- Behaving impulsively
- Feeling overconfident in your abilities















### Mixed episode symptom examples:

- Feeling exhausted and overly wired at the same time
- Having too much energy while feeling very sad
- Being talkative while pessimistic
- Behaving impulsively while feeling exhausted

### Depressive symptom examples:

- Feeling very down or sad
- Sleeping too much or too little
- Having trouble sleeping
- Feeling like you can't enjoy anything
- Feeling worried and empty
- Having trouble concentrating
- Forgetting things a lot
- Changes in appetite or weight
- Feeling tired or slowed down
- Having little to no interest or pleasure in your hobbies
- Thinking about death or suicide

Week 1			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 <b>Mood</b>	Manic	 2							
		 1							
		 0							
	Depressed	 -1							
		 -2							
 <b>Energy</b>	High energy	 1							
		2							
		 3							
		4							
	Low energy	 5							
 <b>Social Interaction</b>	Sociable	 1							
		2							
		 3							
		4							
	Isolated	 5							
<b>⌚ Sleep</b>		<b># Hours</b>							
<b>💊 Took Medication?</b>		<b>Y or N</b>							

Week 2			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 <b>Mood</b>	Manic	 2							
		 1							
		 0							
	Depressed	 -1							
		 -2							
 <b>Energy</b>	High energy	 1							
		2							
		 3							
		4							
	Low energy	 5							
 <b>Social Interaction</b>	Sociable	 1							
		2							
		 3							
		4							
	Isolated	 5							
<b>⌚ Sleep</b>		<b># Hours</b>							
<b>💊 Took Medication?</b>		<b>Y or N</b>							

## Week 3

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



Mood

Manic

- 2
- 1
- 0
- 1
- 2

Depressed




Energy

High energy

- 1
- 2
- 3
- 4
- 5

Low energy




Social Interaction

Sociable

- 1
- 2
- 3
- 4
- 5

Isolated


⌚ Sleep

# Hours

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💊 Took Medication?

Y or N

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## Week 4

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



Mood

Manic

- 2
- 1
- 0
- 1
- 2

Depressed




Energy

High energy

- 1
- 2
- 3
- 4
- 5

Low energy




Social Interaction

Sociable

- 1
- 2
- 3
- 4
- 5

Isolated


⌚ Sleep

# Hours

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💊 Took Medication?

Y or N

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— **Bring this tracker to  
your next appointment**  
*with your healthcare provider*