LIFE CHART

		19_____				19_____				19_____				19_____				
Mania		Spring	Summer	Fall	Winter	Spring	Summer	Fall	Winter	Spring	Summer	Fall	Winter	Spring	Summer	Fall	Winter	**Mania**
SEVERE	Hospitalized																	SEVERE
MODERATE	Notable Difficulty with Goal Oriented Activity																	MODERATE
MILD	More Energized & productive With Little or No Functional Impairment																	MILD
BASELINE																		BASELINE
MILD	Little or No Functional Impairment																	MILD
MODERATE	Functioning with Notable Difficulty																	MODERATE
SEVERE	Hospitalized																	SEVERE
Depression		Spring	Summer	Fall	Winter	Spring	Summer	Fall	Winter	Spring	Summer	Fall	Winter	Spring	Summer	Fall	Winter	**Depression**

	19__				19__				19__				19__			
Impact (-4 to +4)																
Life Events																
Date																

adapted from: