

Bipolar Management Tracking Worksheet

Weekly Symptom & Mood Architecture Monitor — Page 1: Mania & Elevated States

WEEK START DATE:

CLINICIAN/PROVIDER:

PRIMARY OBJECTIVE:

Rating Scale: Rate each symptom nightly on a scale from **0 to 3** (0 = Not Present; 1 = Mild / Minimal impact; 2 = Moderate / Noticeable disruption; 3 = Severe / Significant impairment or distress).

Mania & Hypomania Symptoms (Elevated/Expansive/Irritable Mood)

Symptom Dimension	Clinical Manifestations & Markers	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Grandiosity / Elevated Self-Esteem	Unrealistic confidence, feelings of special power, authority, or supreme capability.							
Decreased Need for Sleep	Feeling rested and fully energized after only a few hours of sleep (distinct from insomnia).							
Pressured Speech	Talking rapidly, loudly, and continuously; feeling an urgent internal drive to keep speaking.							
Racing Thoughts / Flight of Ideas	Thoughts moving continuously and rapidly from one topic to another; mind feels hyper-accelerated.							
High Distractibility	Attention easily drawn away by irrelevant or minor external stimuli; inability to filter inputs.							
Psychomotor Agitation	Purposeless physical restlessness, pacing, hand-wringing, or inability to sit still.							
Increased Goal-Directed Activity	Surge in excessive planning or execution of projects (work, school, creative, or social domains).							
Impulsive / Risky Behavior	Reckless spending, unsafe driving, foolish investments, or uncharacteristic behavioral choices.							
Hypersexuality	Sharp increases in libido, sexual thoughts, fantasy, or activity contrasting with baseline.							
Irritability / Low Frustration Threshold	Massive overreactions to minor disorder, perceived injustice, delays, or boundary friction.							

MANIA CONTEXTUAL LOGS (TRIGGERS, ENERGY PEAKS, AND INTERVENTIONS)

Sleep & Productivity Metrics:

Trigger Events (Caffeine, Stress, Routine Shifts):

Bipolar Management Tracking Worksheet

Weekly Symptom & Mood Architecture Monitor — Page 2: Depressive States

WEEK START DATE:

CLINICIAN/PROVIDER:

PRIMARY OBJECTIVE:

Rating Scale: Rate each symptom nightly on a scale from **0 to 3** (0 = Not Present; 1 = Mild / Minimal impact; 2 = Moderate / Noticeable disruption; 3 = Severe / Significant impairment or distress).

Depression Symptoms (Low/Empty/Dysphoric Mood)

Symptom Dimension	Clinical Manifestations & Markers	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Depressed Mood / Dysphoria	Persistent feelings of sadness, emptiness, hopelessness, or tearing up frequently.							
Anhedonia	Markedly diminished interest or pleasure in all or almost all daily activities or hobbies.							
Appetite / Weight Fluctuation	Significant decrease or increase in appetite, or unmanaged shifts in physical weight.							
Insomnia or Hypersomnia	Difficulty falling/staying asleep, or conversely, sleeping excessively while still feeling exhausted.							
Psychomotor Retardation / Sluggishness	Visible slowing down of physical movements, speech, or processing speed (noticed by others).							
Fatigue / Anergia	Severe loss of energy; simple actions (e.g., showering, routine upkeep) require immense effort.							
Worthlessness / Excessive Guilt	Unwarranted self-reproach, intense self-criticism, or feeling like a burden to family and friends.							
Cognitive Dysfunction	Diminished ability to think clearly, concentrate, read, analyze parameters, or make decisions.							
Social Isolation / Withdrawal	Avoiding text messages, calls, or interactions; seeking absolute solitude or hiding from connections.							
Suicidal Ideation / Passive Death Wish	Thoughts of death, wanting to escape, or specific intent. <i>(Requires immediate clinical contact if elevated).</i>							

DEPRESSION CONTEXTUAL LOGS & COPING ARCHITECTURE

Somatic Symptoms & Isolation Log:

Active Stabilizers & Therapeutic Strategies Deployed: